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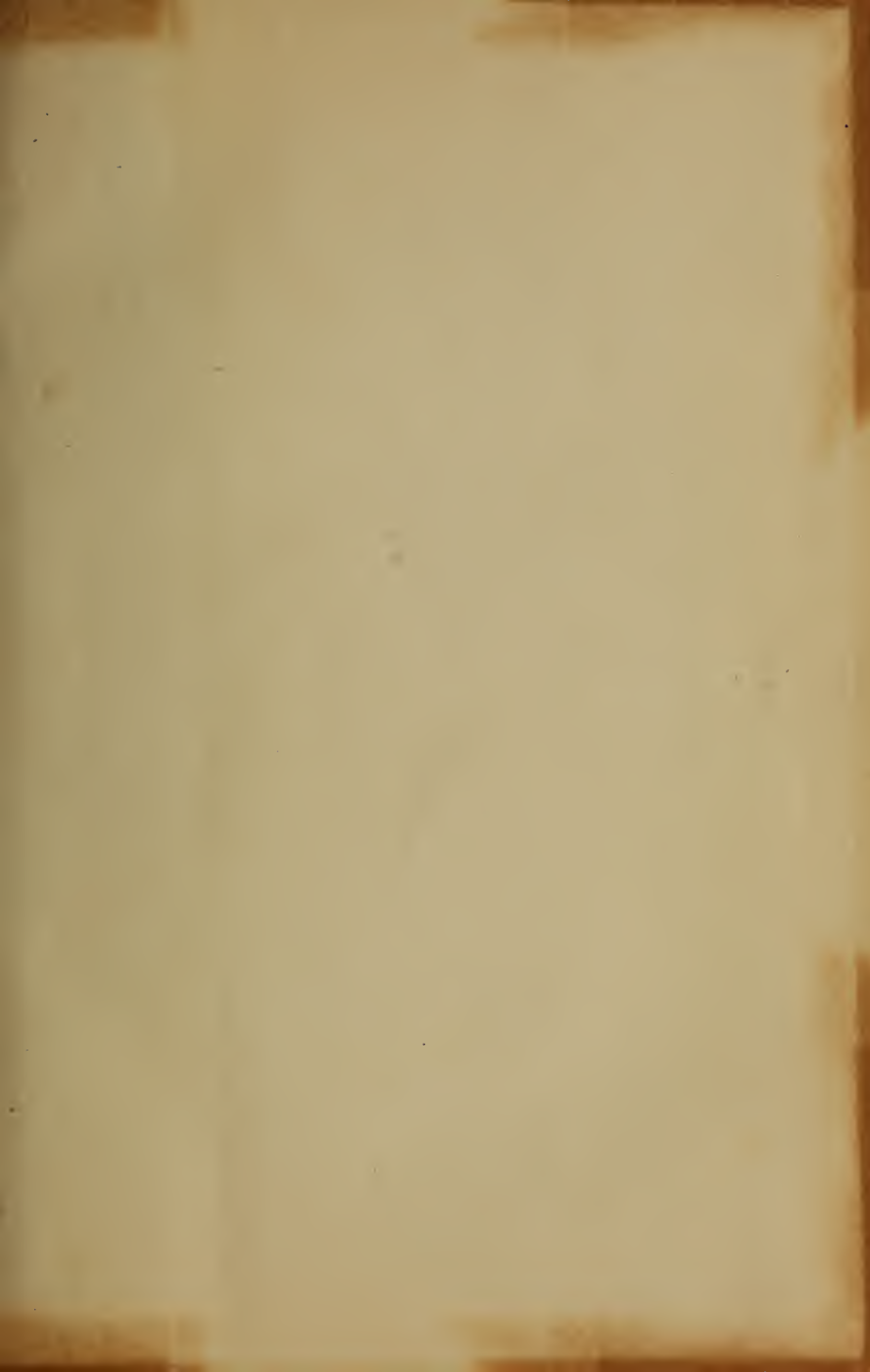
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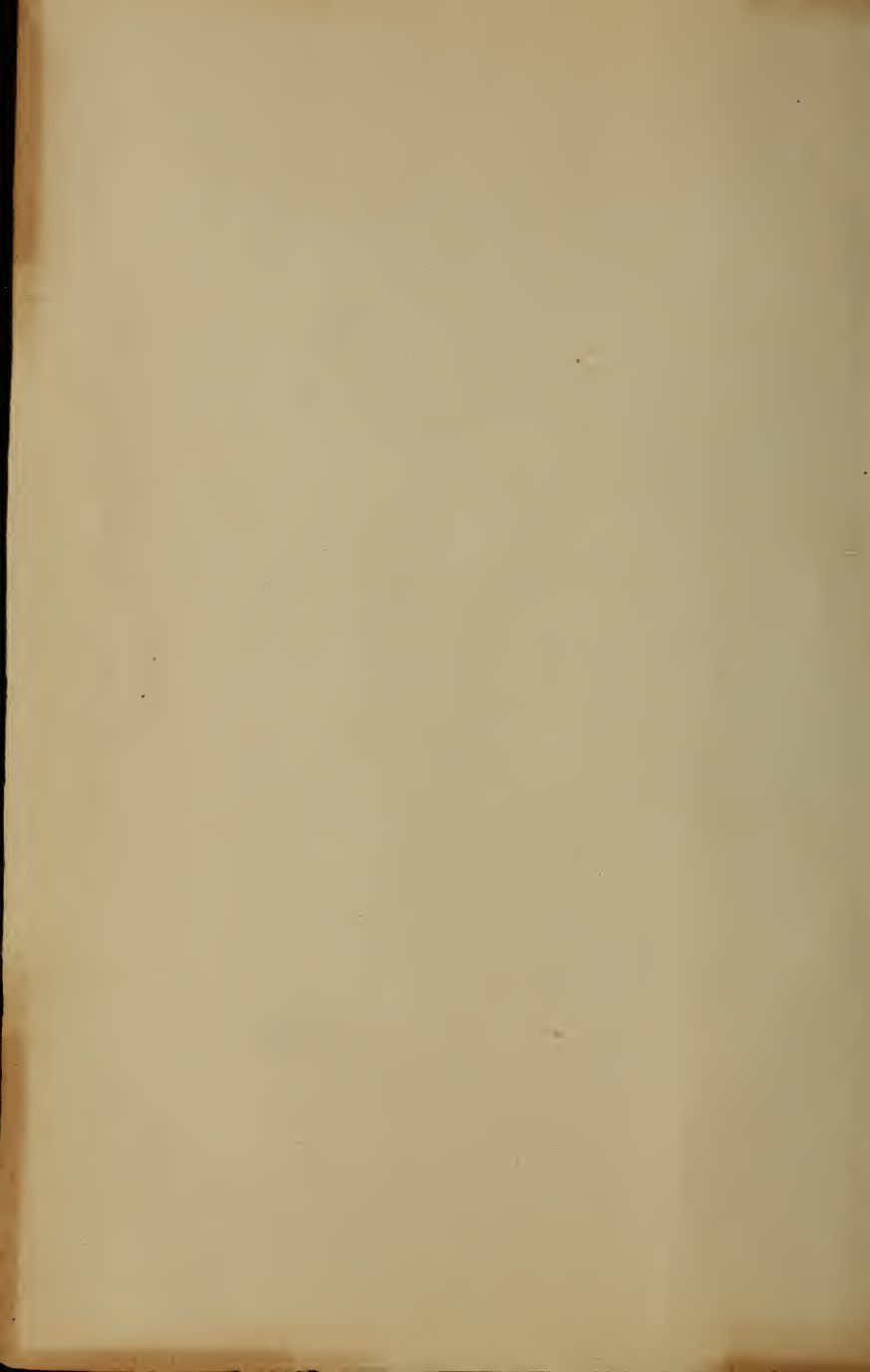
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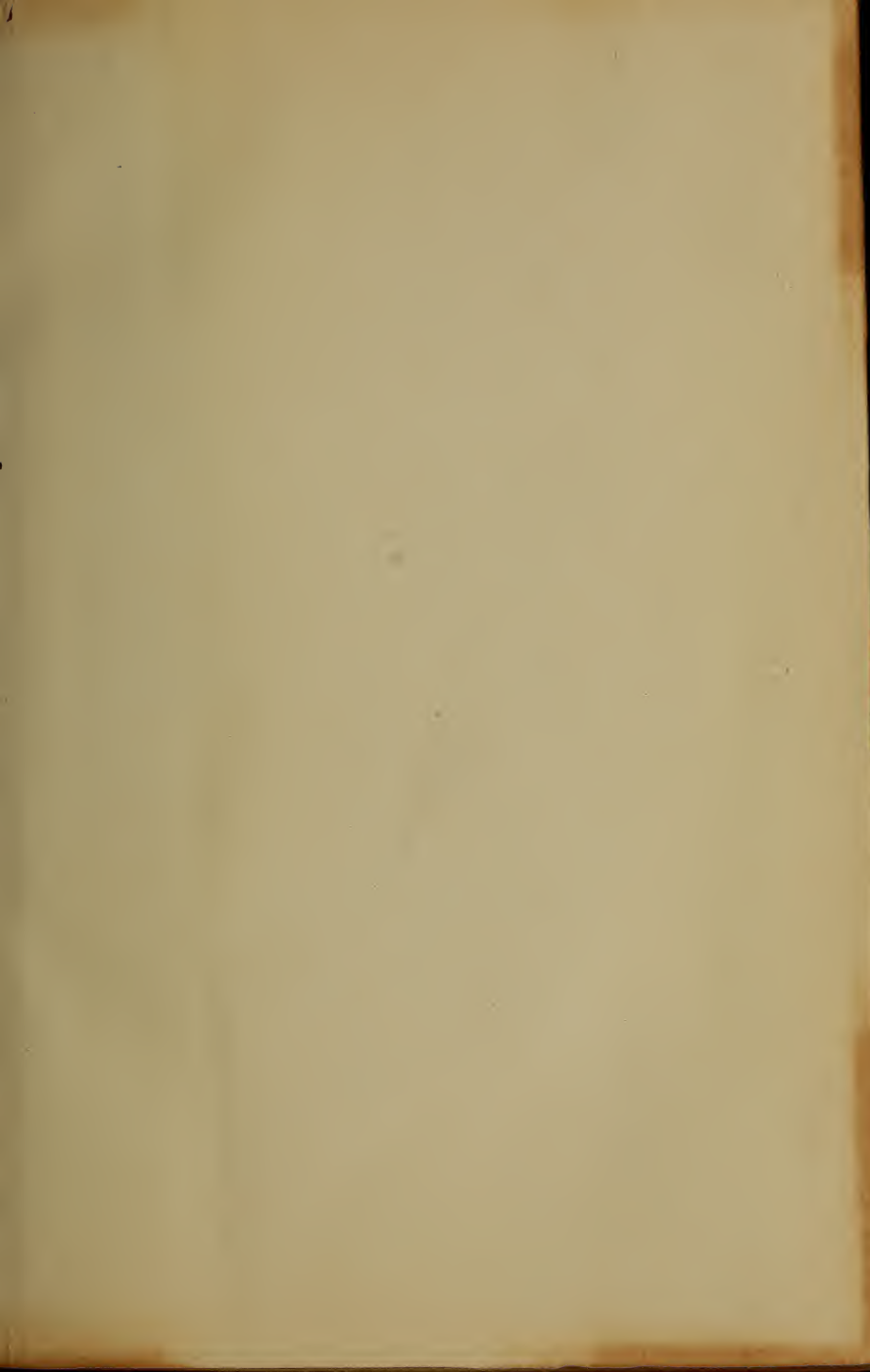
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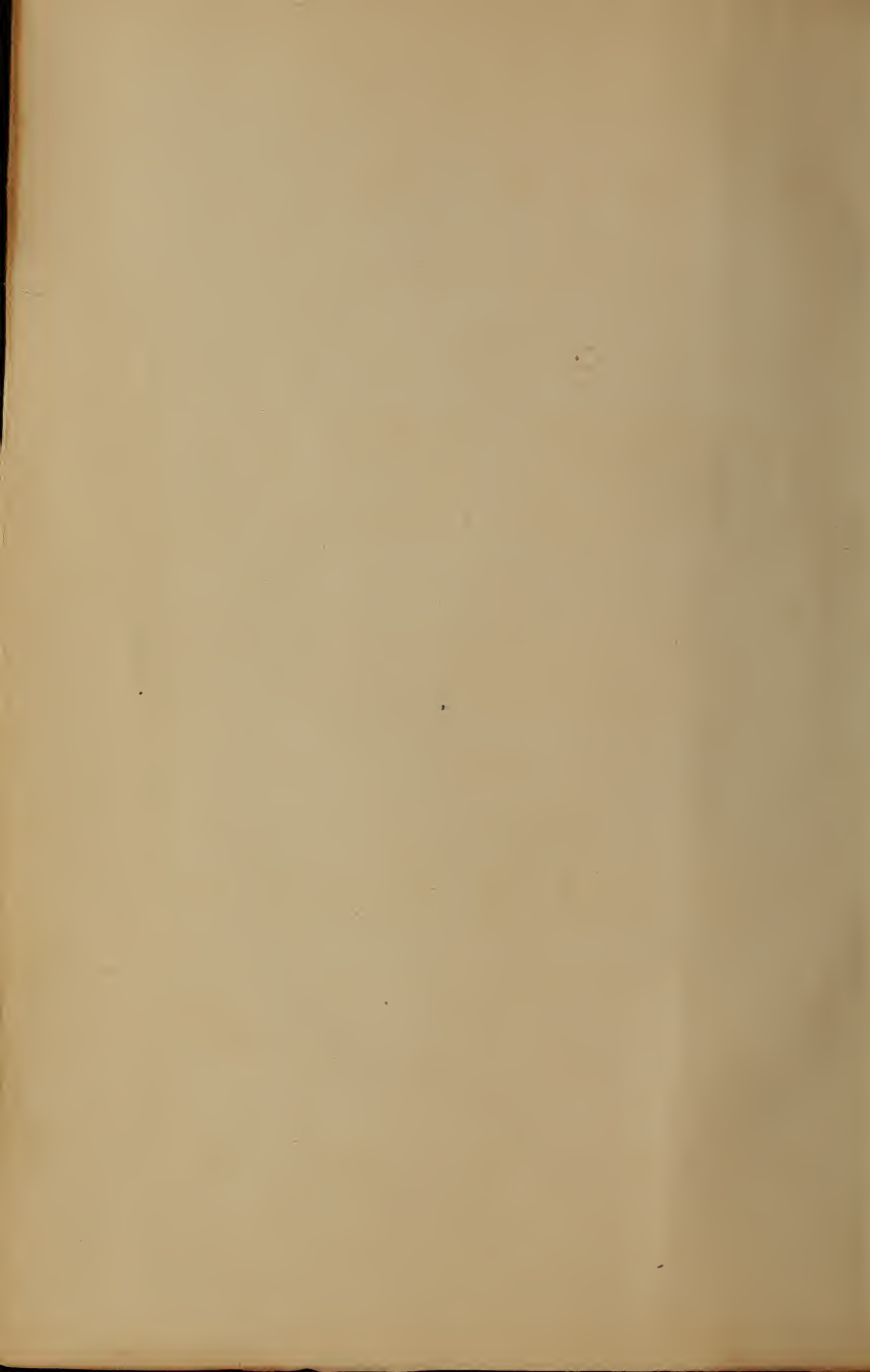
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IN DEFENSE

OF

MEDICAL BOTANY.

RECOMMENDED BY THE FELLOWSHIP OF THE 300,000
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AND

BY

★ DR. WM. M. STARR. ★

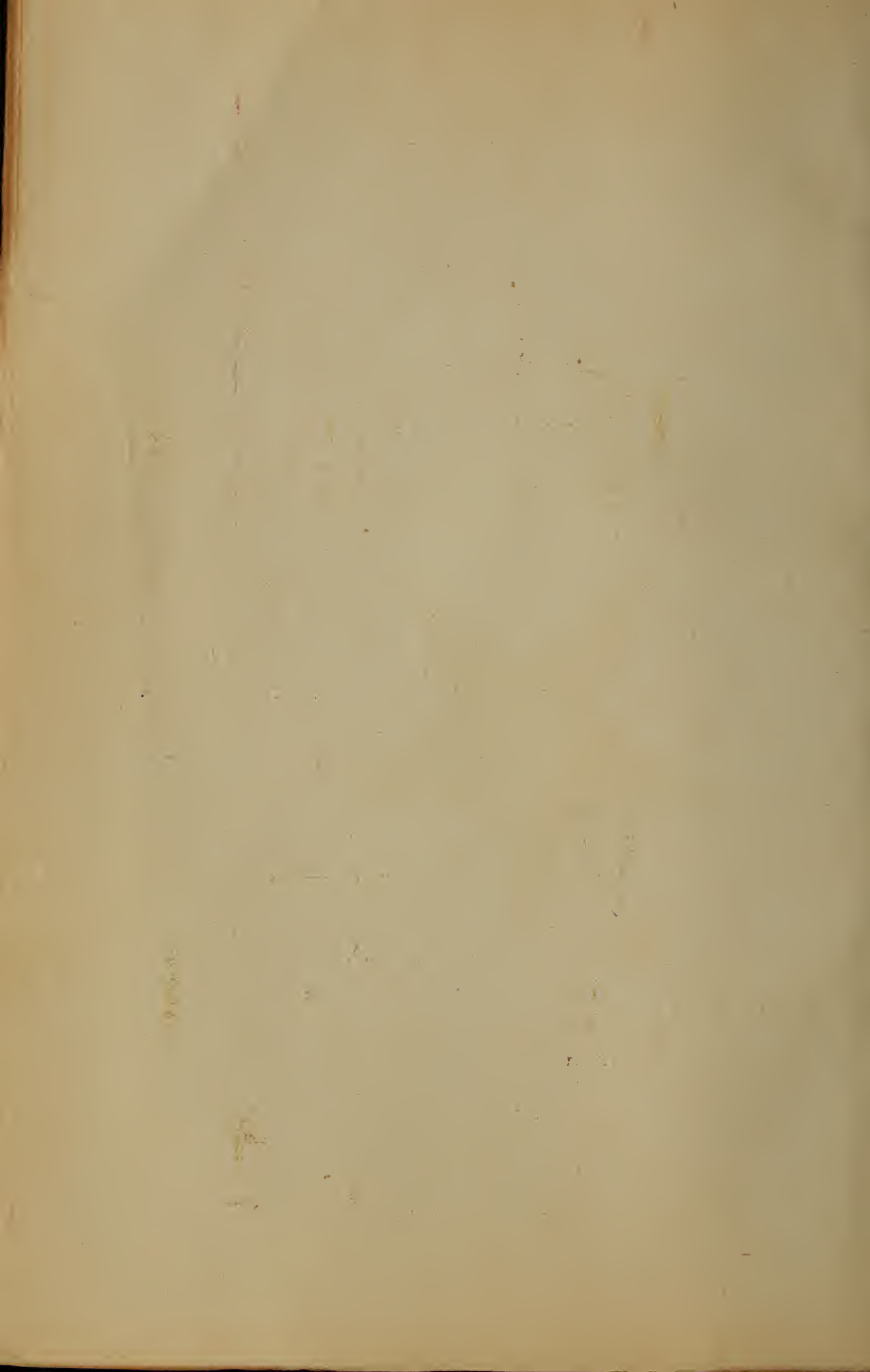
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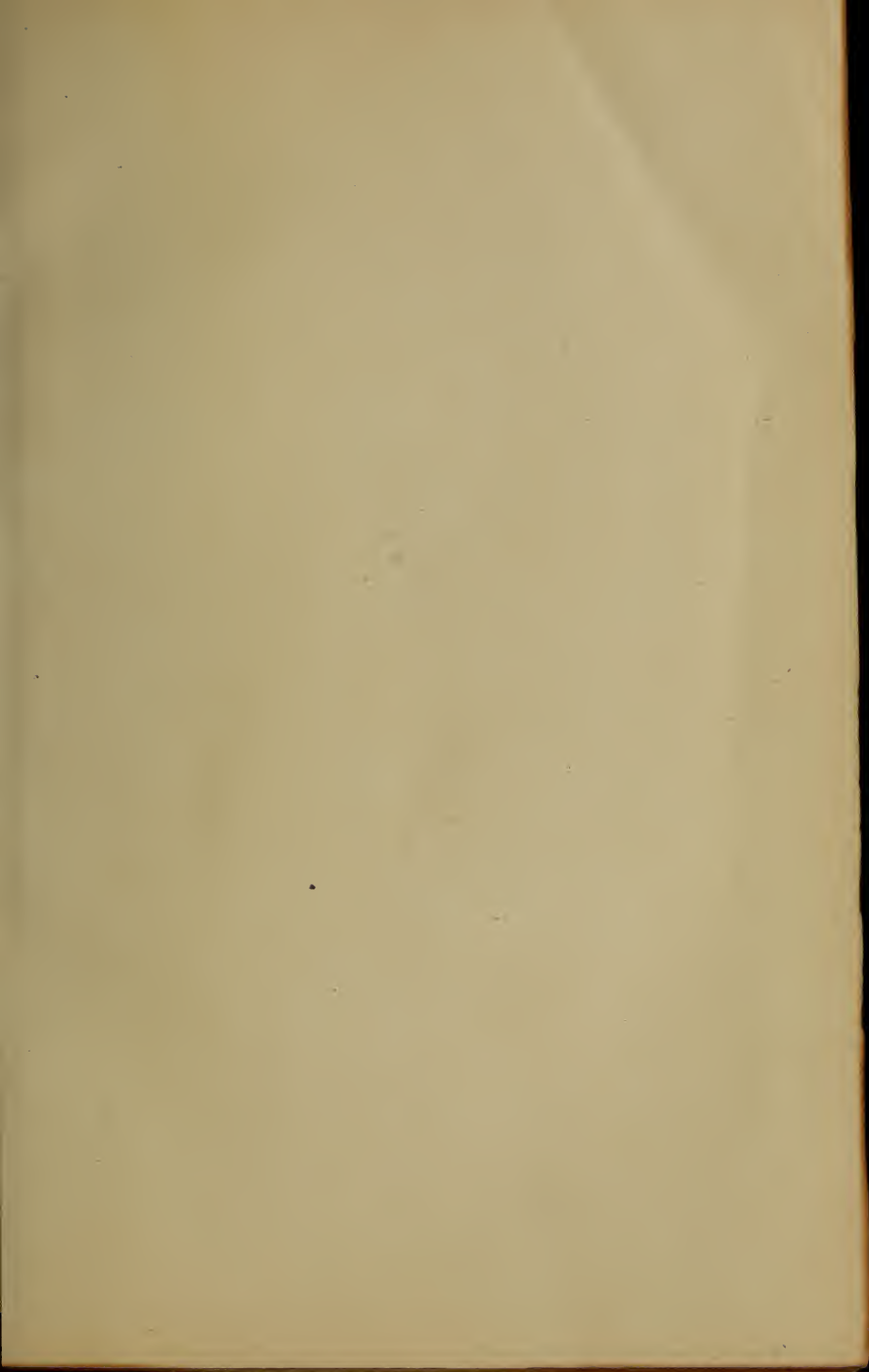
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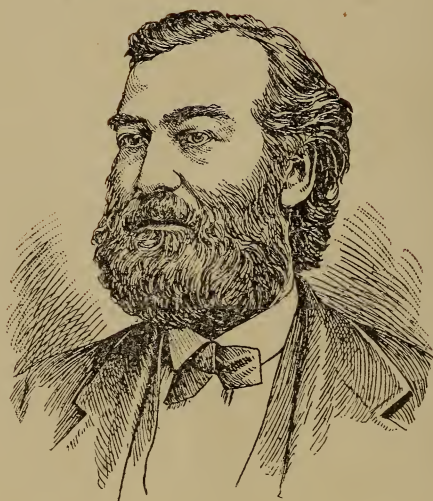
1875



U. S. A. 1875







DR. WILLIAM M. STARR.



IN DEFENSE

OF

MEDICAL BOTANY.

THIRD EDITION

BY



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★ DR. WM. M. STARR. ★

WASHINGTON, D. C.



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PREFACE.

The design of this work is to profit the many thousand persons who are suffering from diseases of every kind, even to the advanced or chronic stage. I presume that every man, woman, and child farmer, mechanic and day laborer, as well as professional men, have a right to acquire all the knowledge it is in their power to grasp. This book is calculated for the many who are not able to obtain the important and essential medical knowledge that is necessary for the perpetuation of health, longevity, wealth, and happiness, by purchasing the regular medical text books of our classical colleges, as well as those who live in the palace and take pleasure in the barouche and phaeton. It is to teach the humble and poor, the farmer and mechanic, the merchant and his clerk, that God, in his infinite wisdom, has created and grown an herb with medicinal properties to prove a balm to every ailment that the human organization is heir to. My object is also to teach the many that a large number of these valuable herbs, roots, barks, leaves and flowers, grow within the immediate reach of those who may be unfortunate enough to need them to heal their ailments. Every person's physical organization is his own, and he has a right to understand it, and most especially hygiene and Nature's remedies that will relieve and heal all afflictions or at least a great many of them, or the great majority of them. It is admitted

by all of our classical medical men, that the great masses of the people know too little about themselves and remedies that grow in their yards, gardens, and woodlands. It is the author's object to acquaint the people with an important and valuable knowledge of the medical action of a great many of our most common herbs, roots, barks, flowers, and leaves, and he will teach how to gather them in the proper season, and cure them by the proper process, so that they may have and retain all of their original pure medicinal virtues, and so that they can well understand how to make their own gatherings into safe, reliable, and efficient infusions, decoctions, and tinctures; their dose, and how to administer; when and what for. Knowledge is power, and he who seeks it is wise, and he who neglects it does so to his own sorrow and detriment. Hippocrates, who is admitted by the medical profession to be the father of medicine, says: "All men ought to be acquainted with the medical art." I have written this work with the belief that the people in general are ready to receive such knowledge, and will be thankful for and profit by it.

DR. WM. M. STARR.

SKETCH OF DR. WM. M. STARR'S LIFE.

Dr. Starr, whose office is at No. 709 G Street, northwest, is a native of Virginia, born in Prince William County in 1813; moving to Ohio in 1817. He resided there until the commencement of the Mexican War, in which he took an active part. In 1849 he made his way to California, where he organized a company to fight Indians in the Digger Indian outbreak, and held them in check until General Smith came to his relief. From California he found his way to Texas, and then to Washington city and commenced the practice of his profession (having graduated in medicine at New Orleans), and soon afterwards commenced the manufacture of medicines on new and scientific principles, having produced many well-known preparations, such as his celebrated Cough Syrup, Liver Pills, Kidney Tea, Rheumatic Balm, Balm of Gilead Salve, Balm of Gilead Wash, and Chill and Fever Tea, the efficacy of which is attested by thousands of testimonials of the most reliable character.

It was a marked feature in his nature, from his infancy up, to be a close observer of Nature in reference to the vegetable kingdom. When but a boy he loved flowers, and wondered what kind of roots they had, and what they were good for; which indicated a natural gift for botany and the herbal kingdom. Consequently he would go into the mountains, hills, prairies, and woodlands, and gather Nature's remedies and manufacture them into Botanical remedies. He at once observed the fact that the Indian doctors never injured their patients with their innocent remedies, and that they soon recovered without aching bones or a salivated mouth. In this way, he became strongly impressed with the fact that what was good for an Indian certainly was good for a white man, and that it was a duty he owed to civilization to introduce or bring before the people the Herbal Theory. Being conscientiously impressed with this fact, he at once began to more thoroughly fit his mind with botanical medical knowledge, and acquaint himself with the roots, flowers, barks, leaves and herbs, from which their medicines were made. To acquire this knowledge took a long time. The object of the author is to give each one the opportunity of learning how to care for his own system, and to rectify the wrongs that may assail it, with harmless remedies, that will

do good, and never harm when taken according to directions.

A balm is hidden in the leaf,
That God has given for relief,
The Indians of the Western plains
Have found that they will cure our pains.

So now the author does extend
A helping hand, an honest friend,
He'll cure your aches, relieve your pain,
If you will buy his Balm for Pain.

It's made of barks, and oils, and leaves,
And seldom ever man deceives,
It never fails to satisfy,
And on it, friends, you can rely.

Unkind words, and acts, and deeds,
To war and bloodshed often leads,
Gigantic oaks from acorns grow,
And wicked acts bring weal and woe.

Anatomy.

Human anatomy describes the organization and construction of the human body, and how it is put together : how the bones are held together by ligaments, aponeurotic bands and muscles. It tells the shape of the bones, the number, and how they are made, and what they are made of. It names each organ, and describes the construction of each particular department of it. It numbers the bones, the

muscles, nerves, arteries, ligaments, veins, and all that is found by the dissection of the dead body.

Every man should know enough about his own body in reference as to how it is made, and the functions or actions of the essential or principal organs, to care properly for himself, and protect himself or body from a great many poisons and surroundings that cause disease, pain, sorrow, suffering and death. Knowing this to be an essential fact, I feel that it is a duty that I owe to my fellow man, or humanity in general, to embody in this work a few important and essential anatomical ideas that are useful for man, woman and child to know.

The human skeleton is composed of 208 bones, the teeth not included, and these bones are controlled by 600 muscles, and through these bones and muscles, nerves, arteries, veins, and capillaries are very numerous distributed. There are 32 teeth in the grown person, with which we masticate, or chew, or grind our food. These teeth are coated with a material called enamel, which, when once injured by improper habits, will never renew itself again. The teeth are not like bones. Bones, when broken, if held in position, will grow together again, solid and firm as before breaking. But not so with the teeth, which, when once injured ; are, like a pane of glass, destroyed forever. Now there are ninety-nine out of every hundred of my readers who

know this statement to be a fact by actual experience. Boys destroy their teeth when quite young by crushing hickory-nuts, almonds, cream nuts and pieces of ice. Cold causes sudden contraction ; heat sudden expansion. The white pearly substance which covers that portion of the tooth which projects above the gum, called enamel, is admitted by all in the profession of medicine, most especially the chemical and dental professions, to be extremely susceptible to these two extremes, namely cold and heat ; consequently ice, ice water, ice lemonade or any thing or substance near the same temperature, should never, during health be put in the mouth, which everybody knows is practiced or indulged in every day by hale and hearty persons ; and just so soon as such substances come in contact with the teeth, they being about $98\frac{1}{2}$ degrees of heat, the ice, or whatever it may be, being about 32 degrees, causes a sudden contraction of the enamel, causing it to contract to such a degree that it cracks the enamel, and decay follows. Parents should caution their children about cracking nuts, and chewing ice, and drinking hot tea and coffee. I have known men who have been free from all such indiscretions during their life, that had their full set of teeth, thirty-two in number, free from all decay. The Indians have no need of a dentist, from the fact they do not drink hot tea and coffee. The Indian doctor has

no steel forceps to crush the gum and jaw-bone, in order to extract an injured tooth, from which injury it has decayed. Their dentist is simply the strict observation of the laws of nature. If a man cuts his finger a scar will be the final result; if a man violates the laws of nature, and causes the enamel of his teeth to be cracked, or cut, the result is a scar in the form of a tooth ache, toothless gums, or false teeth. The teeth are especially intended for the mastication of food. or in words more plain, for the grinding of the food in order that the fluids of the stomach may have free access to every portion of it when it enters the stomach. When a person is eating a common meal, the salivary glands excrete eight ounces of saliva, which mingles with the food and has a special chemical property, and one special mission to perform outside of a chemical action, and that is, to oil or lubricate the bolus of food, that it may pass down the esophagus or tube that leads from the mouth to the stomach. The stomach is an organ just beneath the lower tip of the breast bone, and hangs in the shape of a half moon, with the convex surface down when not filled with food; but upon being filled with a meal of food or victuals, it turns upside down and commences to contract or relax, or, in other words, churn up the food so it is in a soft pulpy form, and at the same time mingles the gastric juice with it, which chemically separates

the dross from the nutritious portion so that it may be absorbed by the little lacteals, the same as a leech sucks up blood. Hence you see how the many abuse their stomachs ignorantly, by eating and drinking between meals, which obstructs and prevents the process of digestion, and ultimately causes dyspepsia. The North American Indians were never known to be afflicted with dyspepsia, simply from the fact that their habits of eating and character of food were in accordance with the laws of nature. They never drink hot coffee, tea, whisky, wine, beer, pound cake, or pudding; but they live on plain diet, and the result is they never have dyspepsia, cancer of the stomach, and thousands of ailments that civilization is heir to and afflicted with.

The first portion of the bowels that leads from the stomach is called the duodenum. About two inches from where it connects with the stomach the bile from the liver and pancreatic fluid are emptied. These two fluids serve the purpose of converting the fatty portion of the food we eat into a saponified condition—that is, a soapy condition; both of the fluids being of an alkaline nature, and coming in contact with fat, the same chemical process occurs as does when common lye from ashes comes in contact with grease or fat in the soap kettle; and when the fatty portion of our food is thus saponified, it is ready for the lacteals of the bowels to ab-

sorb or suck up. When the nutritious portion of our food is thus absorbed it is carried into what is called the thoracic duct, which is a tube about the size of a crow's quill running up the spinal column. This tube is the medium through which our bodies receive our entire physical support. The nutrition which is absorbed by the lacteals and carried into this tube is called chyle; before it leaves the stomach it is called chyme. When it enters the thoracic duct, it is carried by it into the left subclavian vein, where it becomes blood, and is carried by the circulation to all the tissues of the body, to strengthen, support, and renew them.

The second section of the bowels, or that part which follows the duodenum, or the first section of the small bowels, is called the jejunum. The third section, following the jejunum, is the illium. At the end of this section there is what is called the illeocœcal valve, or the entrance from the small bowel into the large one, which is called the ascending colon. This section runs upon the right side of the abdomen until it comes to the ribs and liver, and then turns squarely to the opposite side, running just beneath the stomach and spleen. This is called, in anatomy, the transverse colon. After reaching the left side it turns squarely down the left side. This section is called the descending colon. After it reaches the margin of the hips, or

in medical terms, the crest of the illium, it becomes pouched like a Scottish bagpipe, which is called the sigmoid flexure. Following this is what is called the rectum, the last portion, and the outlet of the alimentary canal. At the outlet, which is called the anus, there are muscles called sphincter or circular muscles, which serve as a gate to the bowels, and when the rectum becomes loaded with the drossy portion of that which we eat, or food, there is a pressure produced against these muscles, and a nerve sensation produced, which apprizes the individual of the fact that nature calls him to stool. Now the mouth, stomach, throat, and entire tract of the bowels, are lined with what is called a mucous membrane, and this membrane is netted with millions of little veins and capillaries. The veins in the lower portion of the rectum are called hemorrhoidal veins. Now when a great many persons become constipated or costive, the circulation of the blood is checked or obstructed, and then these hemorrhoidal veins become full and engorged with blood, and pouch out the mucous membrane in lumps or rolls, and they become inflamed and painful. This condition of the rectum is what is called piles. The Indian method for the cure of piles is a certainty, if the party so afflicted conforms to the directions.

The human body has three sets of nerves in it,

sensory, motor, and sympathetic. The sensory nerves are those nerves that feel all pain and carry it to the brain and nerve centres for recognition. The motor nerves are nerves by which we control and move our muscles. The sympathetic nerves are nerves that govern nutrition. Our brain is locked up in a bony box of eight bones. It has two sections, the cerebrum, which means the large brain, and the cerebellum, which means the small brain. These lay in folds called convolutions. It is the dwelling place of intellect and the throne of life. The human body is covered with an integument called skin. It is composed of four layers, and has seven millions pores, which, if they were stretched out in one line, would measure twenty-eight miles in length, and there is more deleterious matter and poison eliminated or thrown off from the body by the skin than any other eliminator known in the human organization. The skin has two sets of glands, namely, sudoriferous and sebaceous. The sudoriferous glands are what are called the sweat glands; the sebaceous are glands that excrete an oily substance, to keep the skin soft, silky, and pliable. Any person can readily ascertain this fact by squeezing the nose, when they will see a white, oily substance come from the pores. We have hair on our heads to protect the scalp and brain; we have eye-brows to act as eave troughs to lead the sweat

from the eyes. We are told by Divine history that "man shall earn his bread by the sweat of his brow." The eye-brows do not sweat, but simply lead the sweat of the forehead from the eyes. We have eye-winkers, which are sentinels standing on guard to protect the eye from any foreign substance or material that may come in contact with the eyes and injure them. For instance, when a bee flies against the eye to sting you, he first strikes the winkers, and your eye-lids shut, and the delicate eyeball is sheltered from danger. We have hair on other parts of our body, for the purpose of keeping the sweat that comes from the sudoriferous glands from scalding or chafing the skin. We have two eyes to see; two ears to hear; two nostrils to breathe; a mouth to taste; a nose to smell; and a body and fingers to feel with; through which organs we have the five grand senses transmitted to the brain, through which we recognize all of God's blessings: seeing, feeling, hearing, smelling, and tasting. We have two sets of muscles—voluntary and involuntary. The voluntary muscles are those that are controlled by the will; the involuntary are those that are governed by the fixed chemical laws of animal creation, free from the will, and cannot possibly be controlled by it. We are fearfully and wonderfully made. We are a greater mystery to ourselves than all of our surroundings. No one can

tell why a man's vital force begins to fail at the age of forty-five or fifty ; but every organ that constitutes his body fades, in the healthy man, at the above-named age, in sweet harmony, and he has reached the summit of life, and taken the swift wings that carry man to the bosom of his Father and his God.

With these few anatomical remarks, my kind readers, I will say that my object has been to give you a profitable glimpse of the temporal body we own and dwell in that you may profit by it and be partially enabled to know that man has the finest machinery in his body to care for that our Allwise God ever created in the animal kingdom of the earth.

Physiology and Hygiene.

Physiology treats of the functions or actions, or in other words, the work the healthy organs of our bodies perform. In these remarks I can give you a few of the most essential facts, warranting you, if you remember them, that you may profit by them and lengthen the number of your years of life. We will first consider the process of digestion. When we take food in our mouth and commence to chew

it, we find that there is a slippery fluid thrown out into the mouth. This is intended by nature to accomplish a very important purpose: first, to moisten the food, so that when it is ground up into a bolus or ball, it may be slippery and moist, that it will readily pass down the stomach tube to the stomach when swallowed, and be in a fit condition for the gastric juice to enter and dissolve. Secondly, it has a chemical property that unites with the starchy portion of the food, and converts it into glucose or sugar. After the food enters the stomach, the gastric follicle of the stomach throws out a fluid as sour as the juice of a lemon, called gastric juice, which is caused to mingle with the food and saturate it, and dissolve it ready to be absorbed and assimilated. The greater portion of the albuminous part of the food is taken up by the stomach, and that which remains is carried with the fatty portion of the food through the pyloric orifice, or valve of the lower portion or end of the stomach, into the bowels, where it is taken up by the lacteals of the bowels, and carried to perform its mission. The bowels have what is called a peristaltic or vermicular action, which means, in common language, a worm-like or squirming motion, which worms the food through the bowels. When there is a cathartic medicine taken into the system, it irritates and stimulates this action, and the result is frequent

actions on the bowels. Then, after the stimulation and irritation subsides, the vermicular action falls as far behind the normal or natural standard as it was stimulated above it, and the usual result is, constipation or costiveness follows for a few days, till nature can regain herself again. We have an organ called the heart, which has four chambers or apartments, consisting of two apartments called auricles and ventricles, situated in the left breast, in a sack called pericardium. The two auricles are called right and left, and the ventricles are called the same. The muscular power of the left ventricle is greater than that of the right, from the fact it has to throw the blood farther. With the heart is connected two main arteries; aortic and pulmonary. The auricles are to receive the blood, and the ventricles to throw it out to all parts of the body. The heart, in a healthy person, pulsates seventy times per minute. The blood is thrown from the left ventricle into the aortic artery, which has branches that lead to all parts of the system. After it reaches the end of the arteries, it enters a system of vessels called capillaries, which means hair-like, and carries the blood through the tissues of the body, and empties it into the veins, which carries it back to the right auricle, and from there it goes to the right ventricle, which throws it to the lungs, through the pulmonic artery, where it receives oxygen from the

air we inhale or breathe into our lungs, which converts the blood from a dark venous character to that of a bright arterial character. From there it enters the pulmonic veins, and is carried to the left auricle, and from there to the left ventricle, from whence it is propelled in the same course as I have just described. The lungs are two organs situated in the thorax or breast. They have a tube that leads to them, and forks into two branches, and these two branches, and all the little ones into which they subdivide, in combination are called the bronchial tubes, and the little cavities to which these little branches lead are called air cells, and the walls of these air cells are called peranchymic walls, and these delicate walls are filled with numerous minute, little, hair-like capillary vessels, which receive oxygen from the air, and in return give off carbonic acid gas. Man has two kidneys that lay in the small of the back, which are filters of the blood, with this peculiar characteristic—they throw off the poison urine, and leave the blood purer than they found it, while the artificial filter lets the pure fluid go through, and retains the dross or the part unfit for use. There is a tube to each kidney about the size of a crow's quill, that leads the urine to an organ of an oval form like unto a cistern, to receive the urine, and when filled, warns the owner that he must evacuate it. The brain is

an organ through which we think and exert nervous forces that control the voluntary muscles of the body. The liver is an organ that excretes about fourteen ounces of bile every twenty-four hours, of an alkaline nature, to emulcify or saponify the fatty portion of our food. In the common adult it weighs about four pounds and a half, and is one of the most important glands of the human body. The spleen is an organ lying in the left side, in connection with the stomach. Its functions or duty is not thoroughly understood by the ablest physiologists. The common name is melt. The pancreas lies just under the stomach, and excretes a fluid called pancreatic fluid, that is similar in character to the bile, and joins hands with it in the process of digestion. This organ, in swine, is commonly called the sweetbread. The voluntary muscles of the body are the muscles that are under the control of the will, with which we move, act, walk and talk, and put our ideas into effect. The involuntary muscles are controlled by chemical forces. Man breathes, and his heart beats when asleep as well as when awake. The voluntary muscles are organs of perpetual motion, running day and night all the time until they wear out. The two hundred bones constitute the skeleton or framework of the body, and hold it erect, and serve as levers for the muscles and will power to work with. There are twelve pairs of nerves

sent off from the brain, and thirty-one pairs from the spinal cord, which are distributed to every part of the body. The brain is the temple of thought, the throne of intellect,—the telegraphic office,—and the nerves are the wires on which we send dispatches to all parts of our anatomical and physiological government.

The sympathetic nervous system, or sympathetic nerves, link the body together in harmonious action. It guards one part of the system from acting detrimentally against another. It is the principal influence in controlling the circulation, nutrition, digestion, and assimilation. All involuntary organs are governed by this system of nerves, so that when the brain is asleep the work that is vitally essential to our existence will go on correctly.

Hygiene is a body of facts or principles that are essential to the preservation of our bodies, health and happiness. I shall abridge my sentences in speaking of this subject. In the first place a man should be regular in his habits: that is, have regular hours for sleep, regular hours for meals, three meals per day when laboring, six hours apart, and should never retire to rest until two hours after supper. Should not drink anything while eating, so that the saliva, Nature's fluid, may mingle properly with the food, that it may be digested readily and properly. Persons should chew their food so

fine before swallowing that they can feel no lumps in it with the tongue, in order that the gastric-juice may readily penetrate and digest it.

The room or place a person sleeps in should be well ventilated, so that the air is pure and refreshing, which gives life and activity to the entire body; and he should bathe twice per week, in order that the skin may be kept pure and clean, that it may not reabsorb the poisons that are thrown out from the pores. The water should only be a few degrees above the temperature of the body. The body should be well rubbed after bathing with a rough towel till the skin is glowing. This calls the blood to the surface and promotes a healthy circulation, and makes a person feel better every way. The clothing should be changed once every week, because they become saturated with the fumes and odors of the body, which, if reabsorbed, are poisonous to the general system. Cleanliness is next to godliness, and beyond question or doubt, is the key note of man's health. Every one, when eating, should stop before they realize the sensation that they have got enough. Franklin says: "If you would have an appetite stop with one," and it is true. Knick knacks, if eaten at all, should be eaten before substantial food, because when they are left till the last, you have already eaten all the necessary food that you need, and then come dainties

that tickle the appetite and cause you to eat more than is demanded by nature; and the result is indigestion or dyspepsia. Everybody needs exercise in order that they may have proper development of the bodies they own. No one should work in a room where it is dark, for darkness is a sedative, and light is a stimulant, to the animal organization as well as the vegetable. Take a man and let him work in a dark cellar, and the result is he soon becomes pale and poor in flesh. Take a plant and set it in the shade, and it becomes a pale green, slim, tall, and spindling; hence my readers, you see the importance of good light. In concluding my remarks on hygiene, I will say that it is strictly important, in order that we may have good health, we should have good light, good air, good food, good water, sufficient clothing, strict cleanliness, and discretion and temperance in all things. All persons observing these rules will seldom be obliged to call the physician to administer unto him in a case of sickness, unless of a contagious character.

Digestion.

Digestion is one of the most important features or functions that is performed in our physical or-

ganization, from the fact that we receive our support from it, and by it our bodies are entirely renewed every four months. The weight of the body that we now own in four months will be entirely new in every particular. The old theory was, that the body renewed itself every seven years, but that idea is now exploded. If you will mark the finger nail at the root, or where it comes in contact with the skin or flesh, with a file or piece of caustic, you will find, at the end of four months, that the mark will have grown clear out to the end of the nail, which proves the nail has grown entirely new; and so it is with the entire body. Knowing this to be a fact, we realize the importance of having a knowledge of digestion; how long it takes every article of food to digest that we have in every-day life and during life, for good digestion makes good blood, good blood a good body, and without a good body no man can be happy, for the healthy body is the machinery in which we accomplish success and happiness in life. So, in order to teach my kind readers some facts on digestion; I will give a list of facts that were actually observed in the human stomach by the naked eye of scientific medical men. This fact, I have the pleasure of stating to my readers, I obtained from a statement of Dr. I. J. Warren, of Boston, Massachusetts. I shall simply give the substance in brief, and the table of digestion.

It appears that the medical profession and humanity in general were providentially presented with this occurrence that they might know the true history of their stomachs, in reference to the time it takes to digest the various articles of food we eat in our life time. The following table will profit all those who read it and regard the truths or facts it teaches. The way these facts were discovered are as follows: A man by the name of St. Martin accidentally got the walls of his abdomen and stomach blown away by the explosion of a gun. They refused to heal, but a delicate membranous film grew down and protected the food from falling out of the stomach, yet it was transparent like a window pane, so that the process of digestion could be clearly seen with the naked eye, and the time it took each article of food to digest was taken note of by me. I will give the table from my own observation:

Rice	boiled.....	1 h. 00 min.
Pig's Feet, soused.....	boiled	1 00
Tripe, soused	boiled.....	1 00
Trout Salmon, or Salmon fresh.....	boiled.....	1 30
Trout Salmon. or Salmon fresh.....	fried.....	1 00
Apples, sweet and mellow.....	raw.....	1 35
Venison steak.....	broiled.....	2 00
Sago.....	boiled	2 00
Apples, sour and mellow	raw.....	2 00
Cabbage, with vinegar.....	raw	4 00
Codfish, cured dry	boiled	2 00
Eggs, fresh.....	raw.....	2 00

Beef Liver, fresh.....	broiled.....2	00
Milk.....	boiled2	15
Turkey, wild.....	boiled . . .2	30
Turkey, domesticated	raw.....2	25
Potatoes, Irish	baked.....2	30
Parsnips.....	boiled.....2	30
Pig, sucking.....	roasted.....2	80
Meat Hash, with vegetables.....	warm2	30
Lamb, fresh.....	broiled2	30
Goose.....	roasted.....2	30
Cake, sponge.....	baked.....2	30
Cabbage, raw.....	raw2	45
Beans, pod.....	boiled.....2	50
Custard.....	baked.....2	55
Chicken, full grown	fricaseed 3	00
Apples, sour and hard.....	raw.....3	00
Oysters, fresh.....	raw.....4	00
Bass, striped, fresh.....	broiled.....3	00
Beef, fresh, lean and rare.....	boiled.....3	01
Steak.....	broiled.....3	00
Corn Cake.....	baked.....3	00
Dumplings, Apple.....	boiled3	00
Eggs.....	boiled soft.3	00
Mutton, fresh.....	broiled.....3	00
Pork, recently salted.....	raw3	15
Pork Steak.....	broiled3	15
Corn Bread.....	baked.....3	20
Mutton, fresh.....	roasted.....3	20
Carrots, orange.....	boiled.....3	30
Sausage, fresh.....	broiled.....3	30
Beef, fre-h, lean, and dry.....	roasted.....3	30
Bread, wheat, fresh.....	baked.....3	30
Butter.....	melted.....3	30
Cheese, old and strong	raw3	30
Eggs, fresh.....	boiled hard3	30
Flounder, fresh	fried.....3	30

Oysters, fresh.....	fried.....	3	30
Potatoes, Irish.....	stewed.....	3	30
Soup, mutton.....	boiled.....	3	30
Oysters.....	boiled.....	3	30
Turnips, flat.....	boiled.....	3	45
Beets.....	boiled.....	3	45
Corn and Green Beans.....	boiled.....	4	00
Beef, fresh and lean.....	boiled.....	4	00
Fowls, domestic.....	boiled.....	4	00
Veal, fresh.....	broiled.....	4	00
Soup, Beef, Vegetables, Bread.....	boiled.....	4	00
Salmon, salted.....	boiled.....	4	00
Heart, animal.....	fried.....	4	00
Beef, old, hard, and salted.....	boiled.....	4	15
Pork, recently salted.....	fried.....	4	15
Cabbage, with vinegar.....	boiled.....	4	30
Ducks, wild.....	roasted.....	4	30
Pork, recently salted.....	boiled.....	4	30
Suet, Mutton.....	boiled.....	4	30
Veal, fresh.....	fried.....	4	30
Pork, fat and lean.....	roasted.....	5	15
Suet, Beef, fresh.....	boiled.....	5	30
Tendon.....	boiled.....	5	30

This table of the time it takes to digest the different articles of food will hold good in the great majority of cases. Food will digest quicker if a person keeps still after meals an hour or so; than it will in one who commences work immediately after meals. This fact was discovered by one of the great physiologists of Europe by taking two healthy dogs and feeding them both at the same time on the same kind of food. Shutting one up, and taking the

other hunting, at the end of an hour he killed both, and took out their stomachs and examined their contents. In the one that was shut up the food had nicely digested, and in the one that went hunting the food was the same as when swallowed. Every one should rest at least one hour after each meal, and should never eat between them. Hygiene is the best doctor. If a man will bathe regularly, eat regularly, and sleep regularly, and be regular in all of his habits, he will seldom ever need a doctor to dose him with pills, potions and lotions. There is a penalty that will follow the violation of each law of nature, just as sure as fire will burn if you stick your finger in it.

Diseases.

There are as many diseases as there are organs in our body, and I am of the firm belief that there is a remedy for every disease if it were only known, and I believe the only method that will bring these remedies into practice, is liberty and freedom of thought on the part of the various departments or schools of the medical profession, and the privilege of all to let the people try them. The allopaths have a code of ethics that restricts them from coun-

selling with any doctor, unless he is a regular, and of his own faith. Such a code only casts a shadow of bigotry and discredit on themselves. A wise man will glean knowledge from whatever source it may come; a fool will say all are quacks but those that believe as he does. Incorporated professions may stand for a while, but when people become educated to that degree that they reason from cause to effect, and think for themselves, they will have to hoist the flag of liberty on the mast-head of their old ship called Code of Ethics, and extend the hand of friendship to all, and own that there are other men that know as well as themselves.

Why Medicines are better in a Powdered Form.

I extend to the public my medicines in a powdered form, and I will give you my reasons for so doing. I make my medicines from the fresh inner barks of trees, shrubs, roots, leaves, and flowers, of my own gathering, consequently I know they are pure, and have all their medical properties. I never use my medicines after they arrive at certain ages from the time of gathering, from the fact that there

is a time when everything begins to lose its strength and force. Every farmer well knows the fact that hay and corn will finally by age get stale and unfit for use, and the horses refuse to eat it. He knows that turnips, and potatoes, and vegetables in general, after they have been gathered a certain length of time, begin to wither and shrink, and are no longer fit to be used. These are facts that are well known to everybody. The same facts are true in reference to medicine. Medicine will lose its strength and become worthless after it arrives at a certain age, and is no longer fit for use. This I know is true. I have samples of old medicines in my office, and they have so far lost their strength that you cannot tell, by their odor or smell, what they are. Your drug stores have medicines upon their shelves that have been there ten and fifteen years. It is not reasonable to suppose that they are as good as medicines from the fresh, green herb, bark, root or flower. I have been botanizing in the several States of the Union for the last fifty years, gathering my own material, and having them, or making them myself, into medicines of various forms: fluid extracts, tinctures, infusions, decoctions, and pills; but I have learned in my career with medicine that the majority of medicines in the form of fluid extracts and tinctures that are on the market are adulterated, and are not what they are

represented to be. I do not ask you to examine them yourselves, for it would be folly in me to do so, from the fact that you never made medicine a study, consequently you do not know a good medicine from a bad one. Neither do I ask you to take my word alone ; but I will refer you to a statement that is reliable, and can be called a positive fact. This statement will be found on page 347 in the American Pharmacist Journal, published in New York, September 23, 1882. I will simply give the substance of the statement, written by Chas. B. Allaire. He says there are two principal sources from which we get all our medicines, namely ; drug millers, who buy their crude material as cheap as possible and powder it, and sell it to large buyers,— these are designated merchant millers ; and custom millers, that is, mills that any one can send their own goods and gatherings to, and get them ground and returned. Probably nine-tenths of all goods put upon the market in this country come from these two sources. The usual mode on shipping these goods is in twenty-five and fifty pound packages, or in barrels, according to the demands of the purchaser, who, if he sells them again, sells them in, or ships them in, paper packages, and here is where their identity is for ever lost. The retail dealer who thus receives them, knows nothing of their history, or who is responsible for their lack of

quality, or entitled to credit if found reliable. I am glad to be able to state that there are several custom mills in the large cities where drugs may be sent for powdering, with the certainty that they will be returned to the sender in a state of absolute purity; and from this source our most careful jobbers supply themselves, sending prime goods, and receiving pure, prime quality powders in return. A cheap article of drugs that are important, is seldom genuine. The present large per centage of inferior and adulterated drugs in the market is the result of a widespread demand for cheap goods or drugs, or rather low prices. The per centage of goods in the market of an inferior character, is clearly shown by the fact that four hundred and sixteen samples, taken from various sources and examined during the past year, gave the following results: 227, or about 57 per cent., were pure, or at least no adulteration was detected, and 189, or about 46 per cent., were adulterated so that detection was easy.

From this fact I have resolved to institute a new theory, in order to know that the medicines I handle are pure and unadulterated. It is this: I botanize and gather my own material, and see it ground myself, and see that no one handles it but my trustworthy assistants and myself, and by so doing I know that my medicines are pure. So I am proud to say to my fellow suffering man, that I extend to

you a pure medicine in a powdered form; made from the inner barks of various vegetable growths, knowing it to be a convenient form; and cheaper than the fluid extracts or tinctures that are on our markets. And knowing that the preparation has never been from under my care to get adulterated, I can most positively and conscientiously offer it to you as a new form of medicines, that of being pure, in a powdered form, made from inner barks, convenient to take, the price of which is within the reach of the poor and all suffering humanity.

Medicine.

Medicine, in its common acceptation in the minds of the people, is a substance that cures diseases, but the truth of the matter is, medicine never cured anything. It is the natural tendency of a majority of diseases to get well within themselves, free from medical aid. Medicine, properly administered, simply assists nature to remove the cause that obstructs her acting in a normal condition. Medicine is not a humbug. The humbug is in its improper administration. When medicine is properly administered it comes to the sufferer as a gift from God. Medicine is unjustly judged. It is not medicine that is at fault, but it is those who give it without the proper knowledge of its effects, and

when it is indicated. Medicine, when it is not properly given, proves an actual poison to the system. Botanic Materia Medica treats of herbs and vegetation in general. That is, that part of vegetation which is known by me to have medicinal properties. They will never injure the system when conformed to according to directions given.

An Indian Poem.

We first came to this glorious land
A free and happy little band;
Tradition says we crossed the strait
That joins two oceans large and great.

This link is called the Behring Strait
By Anglo-Saxon, wise and great,
Modern history truly shows
By temperature we almost froze.

Upon this land we lived and homed,
And o'er the hills and plains we roamed,
Infidels were never known
In our little band we loved and owned.

You bowed the knee,—and so did we,—
And worshiped God, the triune three;
You said God, and we came so near it,
Instead of God we said Great Spirit.

We loved our wives and firesides, too,
And worshiped God as well as you,
Our tribe it never run saloons
Called whisky shops and gambling rooms.

Fire-water maddens nerve and brain,
And causes bitter woe and pain,
We Red Men cannot understand
Why you brought it to our land.

God sheltered us with leaf and tree,
 We were so happy and so free
 Before the white man crossed the sea
 And stole our lands and liberty.

They preached us Christ. Him crucified,
 And then their doctrine they denied,
 By robbing, stealing, far and wide,
 Parting families, groom and bride.

You gave us fire-water bad,
 And set our warriors raving mad,
 We found that you were not so true
 As what we first did think of you.

We know that you did play a lie :
 We thought to fight till we would die ;
 Your favor then we chose to gain
 By selling you the Balm for Pain.

It cures your aches, it cures your pains,
 And everywhere an honor gains,
 It surely cures, both near and far,
 When made and sold by DR. STARR.

IN DEFENCE OF BOTANY.

To the People and the Medical World.

Science in Medical Botany, the great medical desideratum of the world, has at last been discovered by Dr. Wm. M. Starr, after fifty long years of study and practice and at an expense of over thirty thousand dollars. He has analyzed nearly every herb in the Vegetable Kingdom, and in forty-two

of the leading herbs he has discovered enough medical substance to make medicines to cure every disease in human life, and every medicine is separate and distinct for every different disease. No two are alike as no two diseases are alike. He compounds over sixty different medicines from forty-two leading herbs, which will, if used correctly, cure any disease of the human Family. He believes that he understands each and every disease of the human frame and he has a cure for each and every disease in the human body.

He will teach all who may wish to learn the use of his valuable remedies in Medical Botany for any disease of the man, woman or child. He will teach what herbs to gather, what time in the year to secure them and manufacture the medicine, and the proportion of the different herbs to make separate and distinct medicines for each and every separate disease in human afflictions.

He has as many different medicines as there are diseases in human life; all in botany. It took him fifty long years, and cost over thirty thousand dollars in cash to find out these valuable medicines. Ever since he perfected these remedies and found out their use in every case whatsoever he has had no cause to change his medicines in any way from their original use in any disease, and can cure many old chronic cases of all kinds even where

the patient has been poisoned from the use of other medicines.

He has a positive cure among his list of medicines for any disease of mankind, if it is not chronic and past curing; he cures many of these old cases. When he says sure cure or positive cure he means that the patient shall use his medicines and no other until he says stop or until the patient is cured. They must remain strictly under his medicines and under his rules first, last and all the time.

He will teach the whole Botanical Profession from the raw herbs to this science for the sum of five hundred dollars (\$500).

Every student must stay one year so as to take in one summer to learn what herbs to gather and at what time to gather them, so it will take at least that time. He can make any shrewd or smart person a perfect Botanical Doctor in one year, just what it took him fifty years to find out. It is a perfect work and all young men and women should take this into consideration and give him a call or a bid.

During the year 1890 he had nine hundred cases of La Grippe and lost none. The same year he had eight cases of scarlet fever, twenty-one cases of diphtheria, five cases of typhoid fever, thirty-one cases of bilious fever, twelve cases of St. Vitus.

Dance, sixty-one cases of kidney disease, forty-three cases cholera infantum, twenty-two cases chills and fever and lost none. During the months of January, February, March, and April he had 307 cases of La Grippe and lost none. He also had many other diseases and lost none. No man on earth can beat these Botanical cures. They might as well do away with wheat, rye, corn, oats, barley, rice, beans, potatoes, buckwheat, meats, fruits, milk and sugars which are the necessaries of life and make flesh and blood. The human body is purely a vegetable body composed of purely vegetable matter. So he uses purely vegetable medicines for purely vegetable bodies. Botanical Doctors are the free thinkers of medicine, with the right to choose the best form of all the best Botanic theories of medicine. Liberty uncircumscribed by the teachings of fanatics. Freedom to judge for themselves that which is best of all that you can learn of the many ideas of medical men of the world.

Love to all, hatred toward none. Freedom of thought. The right to counsel with all. Ungoverned by any mean disgraceful conduct, esthics, or force bills. Give us liberty to exercise good common sense, and use that which is best to do good in the case for which it is intended. This is the true principle of Botanical practice. They are the most successful doctors on the face of the earth

who believe in personal liberty as well as general liberty and that which is right, is right and best for all.

Doctor

Every ~~man~~ on earth ought to be careful what he gives to his patients, so as not to make any mistake at all or give any medicines that could harm any person, even if it could do no good. If he don't know what is the matter with the patient he has no business to give any medicine; and it should be made a law that no man should be allowed to experiment on any person in any case. He should know what is wrong and what to give and what to do, or quit and give it up.

I hold that no doctor has any right to give medicines to kill or cure under any circumstances whatsoever; because if he don't know what to give first he is less fit to give the last remedy, as they call it. If he knew what to give, his patient would not come to this last remedy point. It ought not to be allowed at all. They have no moral right to give medicines to any person at guess-work or random.

Suppose you had a new sewing machine all in good order and it became a little out of order and you should send for a machinist to repair it, and he would come every day and work on it and your machine kept getting worse and worse for weeks and weeks and the tinker charging you pay for every day; and at last your machine was entirely

destroyed. What would you say of such a machanic? Would you not say he was a fraud? You would be right in calling him a fraud and wholly unfit to undertake such a job. But suppose your child was to get a little out of health and you were to call a workman in the medicine business and he was to make equally as bad a job, what would you say of him? Would you not say that they were both frauds alike? You could not say anything else. If he should tell you that your machine had just turned into something else since he began to work at it, and that you can look out for the worst, after two or three weeks working on it; what would you say then?

Henry Ward Beecher said there was no reason why any person who is once healthy should not live to be a hundred years old.

Botanical Doctor Wm. M. Starr says that if all doctors were what they ought to be or what their friends take them to be; no children who were once in good health would die under a good old age, from 80 to 100 years or more.

He further says that no young person once in good health would die, without a gross violation of the laws of nature, either by those who have them in charge or of themselves. The body best taken care of will last the longest, the same as with a machine or anything else.

The people can do without any monopoly in doctors or in any other business. To pass a law to give any class of men the exclusive right to practice medicine means human speculation and murder. It means to destroy, to kill, without any regard to law. It means human destruction, to pass a law to grant to any one school of medicine the whole right to practice exclusively.

Force bills passed into laws by the States, to stop all doctors from making any medicines or to practice, except the graduates of certain schools which commend the use of poisons is an outrage on humanity. A law to give the whole practice to any one class is an abomination. Look at Pittsburgh, Pa. in March, 1891 ; fifty per cent of all La Grippe cases died. Look at Chicago the same month ; nine hundred in one week. Look at New York City ; still worse.

That those who make any improvement in medicines, or that men who have positive cures, shall be driven out of practice, because they do not believe in using poison as a medicine, or because they believe entirely in the Botanical remedies, home-made on scientific principals, is a violation of human liberty and human rights and human safety, and destroys the very principles of invention and prosperity. The people can do without Force Bills but they can't do without the farmers. They are the producers and

feed us all. The farmers are the noblest men on earth. Were I to select a board of the greatest men on earth I would go to the largest farmers to choose them, because they are the best. And were I to select doctors I would choose them of those who made their own medicines from the raw herbs, fresh from the farms and woods. I have analyzed wheat, rye, corn, oats, barley, beans, potatoes, rice, meats, and milk, and then the human body, which are all composed of purely vegetable matter. You cannot live without vegetables. This fact being true, then who is right? The doctors who gather their medical cures from the vegetable kingdom for a vegetable body, or the doctors who use mineral medicines for a vegetable body? Apply common sense and you have the answer. You must have vegetables to live on and Botanical cures are right. If the human body can't live without mineral food then the mineral doctors are right. The idea that the human body must be treated with minerals and other poisons for any of its diseases is an impossibility, mere speculation.

It is an historical and important fact, that in the Gulf Cities south in Yellow Fever seasons, all the people become alarmed, doctors and all. Why is all this? It is because the doctors have no cure for it, and have no confidence in themselves, in fact the doctors die the same as the common people, so

all hopes for cure are lost and all have to await for the frost. This is positive proof that in a hundred years experiments these doctors know less what to do with Yellow Fever than they did an hundred years ago. In fact they don't know anything about it at all, only to run from it and quarantine against and trust to Providence for an early frost. Yet they say we have no right to make any improvement in medicines or to practise medicine, even if we have sure cures. They pretend that they know it all and are the only doctors that do know it all.

It was still a little worse in the city of Washington D. C., during the first four months in the year 1891, there were more deaths from La Grippe than ever died in New Orleans in any four months in history, from any disease. Why was this? La Grippe is an easy disease to cure. In Pittsburg, Pa., it was still worse. In Chicago it was worse than Yellow Fever ever was in New Orleans. What is the matter? These diseases are cureable. Is there no Balm of Gilead or is there no man to gather it. I say there is a positive cure and a positive preventative in the vegetable kingdom. Botanical medicines are the only positive and safe cures on earth.

A little improvement in medicine would harm no one. All doctors can have the benefit of my Botanical medicines, and their patients as well, if they

choose to do so. Then why object to have any improvement in medicines? Is it possible that the present medical profession now in charge have come to a halt in science and invention and to a point where there is no sure cure for any disease? It looks very much as if it had come to this point when there are from 160 to 200 deaths per week in Washington, D. C. Now the people are looking for relief from a change of weather, &c. If the death rates over those of births were to continue as they did during the months of February, March, April, and May, 1891, it would take only twenty years to exterminate the entire population of Washington, New York, Chicago, and Pittsburg.

Statistics in the Health Office of Washington show that there were about one-third more deaths than births during the first six months of 1891. How long would it take to exterminate the population, if there was no emigration?

Are the doctors who had charge of those cities the same doctors who had those force bills passed in the cities and states, to prevent any doctors outside from practicing, selling, or making any new improvements whatsoever in medicines? That they must dictate what the people shall or what they shall not use? Dictate that a class of men shall monopolize the whole practice of medicine, who have not a single sure cure for any disease in hu-

man life. They lost 800 children in two months of cholera infantum in the year 1890, and still more in 1891, this has become alarming.

It was worse in Chicago in 1891 than the yellow fever ever was in any one year in New Orleans. La Grippe is a cureable disease and can be very easily cured. I had during the first two weeks in April, 1891, 104 cases of La Grippe and lost none. I used only pure Botanical medicines. I have also analyzed every part of the human body and find it a purely vegetable body, a perfect composition of vegetable matter and I find that Botanical medicines are the only medicines that will agree with this pure vegetable body. This is as true as truth can be.

I commend the following article to my readers, taken from the works of the late eminent Botanical Physician, Dr. C. I. Coffin, of London, England.:

“In presenting this work to the public, we do not seek to obtain any of those flattering encomiums which are often purchased at the expense of truth. We know that the science of Medical Botany will, ere long, produce a complete revolution in the medical world, and as we shall, in animadverting on the errors of the ignorant excite the envy of

some, and awaken the hatred of other interested individuals, it will be our consolation to know that our reputation is now so fully established whenever our lectures have been heard and our practice has become known, that we neither have to fear the one, nor shrink from the consequences of the other.

Doubtless the faculty will denounce us in the most ungenerous terms for having dared to arraign their practice before the bar of public opinion; for this too we are prepared; so as we can summon to our aid such evidence as will not only establish our principles, but silence effectually those who oppose us.

Though we live in an age remarkable for its improvements, and wonderful in its resources, science having given development to powers as incredible as they are astonishing; yet, in the midst of all these advantages, selfishness steps in and proclaims aloud that none—save the *Diplomatized*—are competent to cure the sick, or minister to the afflicted, when every day's history proves the folly of such a vain and egotistical policy. Why the medical world should arrogate to itself the prescriptive right of killing or curing at pleasure, is a problem we are not learned enough to solve; or why a man should be esteemed a clever physician because he has been educated in a college, we are at a loss to

divine. Education is proper for all men. We would that all men were better educated than they are ; but education either means something or nothing—and if it be a reality, why should a physician seek his diploma in a college ? Certainly not, but in the cottage where human nature lies suffering on its couch of pain. Will a shred of parchment confer ability upon its possessor ? Certainly not ; it is a delusion to suppose it. An acre of parchment, a thousand books, or a head stored with bad Latin, will not even make a shoemaker ; what an absurdity then to suppose such things capable of making a physician.

At this particular time when the schools are divided upon first principles, it is somewhat amusing to find the faculty not only disagreeing amongst themselves, but positively denouncing each other as quacks, *i. e.*, ignorant pretenders in a work entitled “Fallacies of the Faculty” we have abundant proof of this. The author ridicules, and justly too, the use of the lancet and the dissecting-knife ; what sensible man can admire the policy of cutting up a body after death in order to ascertain the nature of the malady of which the patient died ? This absurdity is only equalled by that of the philosopher who cut the bellows open to find out where the wind came from, and there is certainly as much philosophy in one case as in the other.

Indulgent nature provides a fitting remedy for every ill that flesh is heir to. Man in his ignorance, too frequently rejects the boon that nature offers, and seeks in artificial aid an anodyne for ill. And so long as monopoly in medicine is countenanced and applauded, so long must this state of things continue to exist; what better proof can we ask than that a man who undertakes to cure the sick, should be able to ascertain the cause of sickness, to know where to find a remedy and how it should be applied? A physician should be taught that disease is a problem which it is his duty to solve. He should know that heat is the source of life—its absence death; that a change of temperature will produce a change in the animal economy; food is only administered for the purpose of creating blood, which, when distributed through every artery and vein, imparts health to the nerves, vigor to the muscles, and strength to the limbs; to preserve health we must regulate the temperature of the body and above all things avoid such irregularities as may lead to decay.

After all, even though we succeed in proving more than was ever previously attempted by any other man, we know the faculty will not admit us, neither can we expect any favor at their hands nor will their practices receive much from us, we shall show that a knowledge of nature is not indigenous

to college life, but must be sought for in the woods and forests; each sun-lit vale or verdant meadow, contains some agent of a remedial kind. A green herb is worth more than a latin phrase.

Nature has a college of her own—in it we have studied, our sensibilities have been extremely pained, when we beheld the young and beautiful cut down like the cedar which bends before the blast, when fever scosched the veins, or consumption dried up their crimson rivulets, and we beheld them carried to “that bourne from whence no traveller returns.” We reasoned thus with nature, “Is there no balm in Gilead—no aim to save from death—no respite from the grave?” The voice of nature breathed within our soul. We sought the woods, the fields, and the forests of our native land; from verdant banks we gathered healing herbs. We sought the sufferer on his bed of pain, we raised his drooping head, we bade him drink and live—nature revived within him, his languid eyes unclosed, his feeble arm again grew strong, his wife and children blessed us with their tears. This nerved our heart with hope.

When the hot pestilence rained down its firey ruin, we planted health where death had else been found. Amidst the fair fields of America we left a germ of knowledge richer far than stories of treasured gold; and providence has spread its sacred

wings around our daily path, and the grateful prayers of sufferers saved from pain are our reward. Thus our diploma is seen in the success which heaven hath thrown around us.

Mortality.

On account of violating the laws of nature, man is degenerating in the length of life, strength and durability every century. When he used nature's remedies for medicines and lived according to the laws of nature, he lived to the age of from one hundred to nine hundred years. The average at that time was one hundred and seventy-seven years. After he commenced to use artificial medicine he decreased in length of life. Two thousand years ago the average length of man's life was one hundred and seventy-seven years, now it is only sixteen years and ten months. Fifteen hundred years ago down to eight hundred years ago the average stood at three score and ten—seventy years. In eight hundred years the average has fallen from seventy to sixteen years and ten months. Why is this? I will give to my dear readers just one starting point and they can work it out themselves and can then see why this is all so.

In the summer of 1890 in two months eight hun-

dred children died under five years of age in Washington, D. C.; the average age being about one year and one month. Those who died under sixteen years and ten months during the same two months averaged about seven years.

AT WHAT AGE DO MOST PEOPLE DIE?

This question is often asked without any answer. I will answer it correctly to my readers. The highest number of deaths are from the birth of the child to its first year; the next highest is from the first to the second year; next is from the second to the third year and so on it gradually decreases up to a hundred years. The average age of mankind is sixteen years and ten months. There are sixty-nine thousand deaths under one year of age to one between ninety-nine and one hundred years.

There are sixty-nine thousand more deaths between one and two years of age than there are between ninety-eight and ninety-nine years; there are ¹⁰⁰⁰⁰ fifty-four more deaths between the age two and three than there are between ninety-seven and ninety-eight. This is the way it runs and it comes to an average of a little under seventeen years. This table may be denied; if it is let the one who

denies it make out a table himself and show where this one is not correct.

My headquarters are failing to control my kingdom ; my picket guard cannot guard my constitution, it is gone. I have no laws to go by. My stomach is my government ; my teeth are my picket guards ; my brain is my headquarters. I know that I have failed to keep a strict guard against the enemy of my government. In fact they have the balance of power over my head. They lead me into all sorts of vice and woe, but it is never too late to do good, so I will ally with another kingdom, known as the kingdom of good sense, and fight them again on this line and I will not let anything pass through my picket line unless I am perfectly satisfied that it is in full harmony with my constitution.

Let it be food, drink or medicine, there is danger in all these, so I will look out for all of them from this time on as long as I live. I will not be led around longer by my stomach to places where I do not want to go, and where this last party says don't go you are safer at home. I like this last resolution, where it says apply good common sense to everything you are going to do before you do it.

Now is it not wise for any person to be very careful what kind of fuel or food they put in their stomach, its what you eat that keeps you alive, your body is your own machine and the better care you take of it the longer it will last. It is a duty you owe to yourself and the God who gave you life, to look after your health and to be very careful how you eat and drink so as to live long. This is more important than anything in all your life. You can prolong your life if you will or you can destroy it at your will. Everything you eat or drink or do is surely a benefit or an injury to you. Nothing stops still to wait for you, you must look out for yourself through all this life. This is only too true. An honest man is the noblest work of God.

If all men were honest and true,
This world would be a paradise to you..

Europe had a Newton and a Wellington.

Asia had a Mohammed and a Confucius.

America had a Washington and a Franklin.

The whole union of nations have a Christ and a Devil.

Four were teachers of good to the people and four were teachers of strife and war.

The devil is directly or indirectly at the head of

all evil, he leads the weak minded people to ruin in such a way that they cannot discover his ways and and tricks to deceive them.

A WORD TO PARENTS.

As soon as a child is three or four weeks old feed it with everything that agrees with mother; what the mother eats makes milk and likewise will agree with the baby. If the mother has no milk for her baby have a cow fed on corn-meal, wheat, beans and timothy hay, and a few potatoes, once a day; then feed the baby on the same nutritious food and you will have fat and healthy children.

Feed your children with a spoon or cup; not a bottle or tube. Don't toss your baby up and down but when they get tired lying in one position turn them over; they ought to be turned over often. Don't hug your children while their bones are soft and tender.

If there is any doctor or any one else who wants to make a specialty of any one disease I mention in this book, I will teach them confidently and separately.

DR. STARR'S BOTANICAL PILLS.

If you want to live healthy and long take one of Dr. Starr's Liver Pills once or twice a week. If you go to a yellow fever country take one of Dr. Starr's Liver Pills every day and you won't have it. If you have La Grippe take one of Dr. Starr's Liver Pills every day and they will cure it.

It is not natural nor was it intended by the Creator of nature for plants to die in the middle of the summer; if they do, something is surely wrong. Neither was it intended by the Great all wise God for any human being to die in mid-life or under his or her normal age. If a child is once healthy and sound in every respect and is then treated strictly according to the intention of the Creator, it will live to its normal age, three-score and ten years or more. If a child is once in perfect health and its parents know just what to give it to eat at all times and how much, and at what hours, and how much to exercise it and at what hours, just as Nature's Law demands all through life; then such person or persons would live their days out as intended from the beginning.

Every human being should go to bed at dark.

and do all their work by the light of the sun. Do not work by artificial lights at all.

Children should go to bed at dark to become healthy and strong men and women.

How the author of this book has lived all through his life.

He never drank any intoxicating liquors of any kind. He never chewed or smoked tobacco. He never ate as much as he could at any meal. He never drank more than a half tumbler of ice water or more than a tumbler of pump water at a time. He never would eat anything that was not good for his stomach or cause any disorder in his digestive organs. This was the great study of his life as to what to eat, how much and at what time, to be healthy and strong. He never ran as fast as he could. Never lifted as much as he could. Never went under the water with his head. He goes to bed at eight and gets up at five o'clock. He eats at seven, twelve and five o'clock. These have been his habits since he was fourteen years of age and he is now nearly seventy-eight, and is in perfect health and can endure as much as most young men. He has not lost a meal on account of sickness for fifty-seven years. He takes regular exercise every day, rain or shine.

The greatest man in the world is the one that raises the most grain to feed mankind.

The greatest woman in the world is the one that raises the most children.

The greatest friend to the working man is the man who employs the most of them.

The wisest man in the world is the man that takes best care of his health every day.

The wisest man in business is the man that saves what he makes and earns.

The greatest fool in the world is the man that works the hardest all the week and spends all his money on Saturday and Sunday and goes to work penniless and sick on Monday.

Every body ought to go to bed when the sun goes down, and rise with the sun in the morning; this is Nature's Law since the beginning of the world.

The man that lives nearest to the Laws of Nature will naturally live the longest.

The man that violates the laws of nature sins against his own flesh.

A boy who smokes and chews tobacco before he is sixteen years of age will never grow to his normal size in body or strength, nor will he live his normal days out.

Every thing you eat, drink, smoke, or chew is either a benefit or an injury to you. Examine

this yourself and you will find this only too true.

The following is the death and birth rate according to the Health Officer's report for the last five years in the District of Columbia.

Deaths, year ending June 30, 1886,	-	4,674
“ “ “ “ “ 1887,	-	4,665
“ “ “ “ “ 1888,	-	5,040
“ “ “ “ “ 1889,	-	5,152
“ “ “ “ “ 1890,	-	5,564

25,095

Births, year ending June 30, 1886,	-	3,522
“ “ “ “ “ 1887,	-	3,728
“ “ “ “ “ 1888,	-	3,670
“ “ “ “ “ 1889,	-	4,001
“ “ “ “ “ 1890,	-	4,070

18,991

Still birth, year ending June 30, 1886,	-	421
“ “ “ “ “ “ 1887,		406
“ “ “ “ “ “ 1888,	-	458
“ “ “ “ “ “ 1889,	-	443
“ “ “ “ “ “ 1890,	-	474

2,202

Births,	-	-	-	-	-	-	18,991
Still births,	-	-	-	-	-	-	2,202

Total, 21,193

Deaths for five years ending June 30, '90 25,094

Births for five years ending June 30, '90 21,193

Deaths over births. 3,902

The figures show three thousand nine hundred and two more deaths than births.

Reports of the Health Officer for the two weeks ending June 23, 1891, were 140 deaths and following week ending June 30, 1891, were 170 deaths; showing an increase of 30 deaths in one week.

The above is the two last weeks before the publication of this book.

It shows a gradual increase of deaths. Now where are our doctors if it depends altogether on the weather as to how many people die.

This is a point blank proof that the present practice of medicine is a failure and that the number of deaths depend entirely on the changes of the weather and the care the people take of themselves. I have a positive cure for Cholera Infantum in hot or cold weather.

From April 7, 1888 to August 19, 1888, 800 babies died under 3 years of age, said to be caused by milk. About August 19, average deaths were 10 per day.

Remedies.

This is the way a doctor writes about drugs:—
As for treatment I have just been looking over Lander Brunton, Aitken Hooper and some others of the same class. Certainly I had to study them in the days gone by, but just now, for the sake of my fellow men I have been giving them special attention. Dear me! How can miserable disease live in front of so terrible an array of terrible remedies! What canst thou not have, poor man? Dry cupping, hot poultices, muriate, tincture of iron (muriatic acid and iron filings dissolved), carbonate, chlorate of ammonia, aconite, tartar emetic, foxglove, ipecacuanha, paregoric, opium and its preparations, chloral hydrate, belladonna, colchicum, copabia, croton oil, quinine, turpentine, lead, jalap, lobelia, mercury, eucalyptus, nitric acid, alum, pilocarpine, calabar bean, zinc, potash, thorn apple, strychnia, arsenic, hemlock, petroleum, indian hemp, and other drugs equally glorious—all

are ready to woo the serpent of thy life to rest, or to kill thee in the attempt.

Truly, I would as soon face a regiment of the old guard of France, as the formidable drugs mentioned. Never mind, its an ill wind that blows nobody good, especially registers of births and deaths.

From Hall's Journal of Health.

I have a positive cure for gonorrhœa in any stage.

Death Rate.

There are 30,000 regular Botanical Doctors in the United States. If Congress were to pass a law excluding them from practice and destroying their influence, the mortality would increase at least 40 per cent, and reduce the average length of the life of man below the average of twelve years. In other words, people could not say that their lives were their own.

Liver Pills.

For Bilious Complaint, Colds, Headaches, Pains in the Body or Limbs, &c., and are a positive cure for Nervousness or Indigestion.

They never fail in any case of fever. This pill has been more successful in curing diseases than any other pill ever made. The more they are used the more they please. They have no equal on earth. There is no harm in them, and they can be used by either man, women or child in every kind of complaints.

They are a positive cure for St. Vitus Dance and other cases of bad health. Their use will build up any person if properly and regularly taken.

I have cured many cases of fevers with them without giving anything else.

I have also a pill that will cure any case of La Grippe in this country every time, they have not failed in a single case in a thousand cases.

Sent to any part of the United States, postage paid, on receipt of price.

Price 25 cents per box.

DR. W. M. STARR,

709 G Street, N. W.,

Washington, D. C.

DR. STARR'S KIDNEY TEA.

A Positive Cure, this tea has been used by men, women and children with perfect success in many thousand cases of all kinds of Kidney Diseases, it Dissolves Gravel, cures Diabetus, Baekache, drives gases from the stomach, is healthy and has a good taste, is often used as table tea, can use it hot or cold, sugar and milk as your choice, and as much and as often as you want. Price 25 cents per box.

This Kidney tea is the first and only positive cure ever discovered for any case of Kidney Disease. It will cure any case and has never failed yet. It tastes better than store tea and is as cheap, and is perfectly healthy to use as regular table tea at your meals. It can be cultivated as plentiful in this country as China tea is in China, and is a thousand times as healthy. It can be made to out sell China tea if some moneyed men would take it in hand and run it vigorously. The flavor of it can be changed, by the combination of the plants, to suit the taste of any tea drinker. It is the most perfect discovery ever made in the vegetable kingdom, and it will save millions of lives in this country.

Dr. Starr's Cough Syrup.

The great medical desideratum of the world at last discovered, all in herbs.

This wonderful discovery consists of a syrup compounded of twelve herbs, and pills compounded of four herbs, constituting a perfect and infallible cure for coughs, colds, croup, hoarseness, catarrh, or any case of throat and lung diseases.

If used for first cold or cough is a preventative of consumption and a pleasant relief for whooping cough. Not a single person who has used this medicine for coughs or colds has ever been known to go into decline.

It has a good taste; is healthy, nutritious and harmless, and can be given to children of any age.

I have thousands of letters of the most miraculous cures that I have made of old and long standing cases, cases that had been considered hopelessly lost; everything had failed. I never exhibited a letter of recommendation where I was the first doctor called, in any case of any kind, or of any disease. All my letters are of cases that had received no relief or good from any other source.

I am prepared and do ship these medicines to all parts of the Union or Europe in any quantity.

DR. STARR'S BALM OF GILEAD CHILLS AND FEVER TEA.

ALL HERBS.

For Chills and Fever this tea is a perfect cure, and will cure any kind of fever used with my Liver Pills, and is also an excellent tonic.

We are prepared and do ship these Medicines to all parts of the Union or Europe, in any quantity.

FRIDAY HAPPENINGS.

- Washington born on Friday.
- Queen Victoria married on Friday.
- Nepoleon Bonaparte born on Friday.
- Battle of Bunker Hill fought on Friday.
- America discovered on Friday.
- Mayflower landed on Friday.
- Joan of Arc burned at the stake on Friday.
- Battle of Waterloo fought on Friday.
- Bastile destroyed on Friday.
- Declaration of Independence signed on Friday.
- Battle of Marengo fought on Friday.
- Julius Cæsar assassinated on Friday.
- Moscow burned on Friday.
- Shakespeare born on Friday.
- King Charles I beheaded on Friday.
- Battle of New Orleans fought on Friday.
- Lincoln assassinated on Friday.

DR. STARR'S YELLOW FEVER Pills and Tea.

A most wonderful discovery in Botany and one of very great importance to the American people, especially in the southern states.

I have a pill and tea which will prevent any case of yellow fever if used according to the directions, and they will cure nine out of ten cases in their first stage. I believe they will be made a perfect preventative and cure in all the yellow fever sections of this country, whenever a party with money will put them in the market for that purpose.

I sent a man from this city to Florida with them three years ago where he cured every case he could get.

He even cured two cases after they were given up by their doctors. One was a servant of the health office in Tampa and one was a captain of a ship. In new cases we had no trouble.

I can send these remedies by mail, postpaid, to any part of the country.

Pills, price fifty cents per box.

Tea, price fifty cents per box.

DR. STARR'S Cholera Infantum Powders.

Will cure any case of Cholera Morbus, Cholera Infantum in man, woman or child. It is healthy, nutritious and strengthening, is purely botanical and can be used as food for children of any age with milk or water.

They are a positive and infallible cure every time. We have used them in many thousand cases and have not lost one case yet and do not expect to.

This is the most wonderful discovery yet made by mortal man. Over one hundred thousand children die annually from cholera infantum in the U. S., and not a single doctor has ever come to their relief with a sure cure, but they come to see them and give them one kind of medicine and the next time give some other kind and so on until the child is dead, without receiving any benefit whatever from the medical aid, but have been cheated out of their lives. One hundred thousand per annum! What a shame! What a rebuke to the medical profession! Can't cure cholera infantum, can't cure la grippe, can't cure kidney diseases. Can't cure anything; if they will come to me I will teach them positive cures for a consideration.

DR. W. M. STARR, Prest.

Botanical School of Medicines.

DR. STARR'S
BALM OF GILEAD
RHEUMATIC BALSAM.

The finest and only perfect Balsam in use, and is a sure cure for all cases of rheumatism, headache, neuralgia, toothache, pains, bruises, sprains, etc.

The ancient Balm of Gilead again discovered and in use. A pure and useful preparation in vegetable chemistry, which by its cleansing powers drives all pains and impurities from the skin, and imparts a clearness and freshness to the painful places.

Truly wonderful! It drives out all pain! Cures bruises and sprains! It will cure frost-bites, bunions, all pains in the body or limbs, swellings, etc.

This Balm of Gilead Balsam for the purposes for which it is intended, is the purest and most effective liniment in the world, if properly and sufficiently used in all cases.

All of my preparations are composed of herbs, fresh from the fields and woods. They are gathered by myself and prepared on scientific principles, and make the best and safest family medicine in use.

All dry paks sent free by mail to any part of the United States.

DR. W. M. SMARR,

709 G Street, N. W..

BALM OF GILEAD WASH,

For the Toilet, Bathing, Shampooing, Cleaning Jewelry, or any other goods or washing any fine garments and for Ladies' use generally.

For washing silver, gold, or tin-ware more or less may be used.

For shampooing or toilet use, cleaning marble, door knobs, and in like cases it is cleansing, sweet, and healthy, and for washing children of all ages it is the best preparation in use, it is good for swollen feet and ankles caused by too much standing or walking. It is an excellent preparation for ladies' use generally.

BALM OF GILEAD SALVE.

Cures Piles and other Sores.

Dr. Starr's La Grippe Pills.

They have never been known to fail to cure in any case and it is a positive fact that they will cure all cases every time, without changing to any other disease whatsoever.

Every farmer in the world is a botonist, a botanical doctor. They support and feed the whole people and the people can't live a single week without the farmer's products, neither can business of any kind go on without these products. In fact the farmer is the supporter of the whole world.

If the farmers were to fail and stop all would stop. There would be no use for doctors then to give poison medicines to vegetable bodies and destroy them that way. Is not farmonian and botonian principles the fundimental principles of all medicines?

I say there is nothing on earth to make perfect medicine from outside the vegetable kingdom; nor is there anything to sustain life outside the farmers products; both of which go together, first, last and all the time.

I challenge any man or sect on earth to dispute one word of this and prove it not to be true.

Poison is good for rats, mice, flies, wolves and sheep killing dogs or something like these, but not for children, men or women.

Never drink more than a wine glass of ice water at a time and not more frequent than once in half an hour, nor more than a glass of any water at a time.

Never eat as much at a time as you could, always eat a little less.

Never over work yourself.

Never stand, sit or lie in a draft when you are overheated.

Boys and girls should eat but very little or no pickle and very little lemon at all. What you eat often makes you sick, eat healthy food only, protect your stomach and you will protect your health and prolong your life.

I say the people have a right to go to a dry goods house and buy what they want or go to grocery store and buy what they want or go to a drug store and buy what they want. Use their own judgment as to what they want or what they need. Know ye thyself, be ye wise.

The alopathic idea that the way to cure one disease is to create another of a different sort, and that therefore the most powerful poisons are the most potent medicines, may justly claim that its system is sound in theory and successful in practice. This is a gigantic mistake and wrong.

CORN POEM.

People violate nature's laws,
Which truly is disease's cause ;
Tight boots they wear without a fear,
But corns you know will then appear.

Nature has the strictest way,
Who violates will get their pay,
In bunions and those cursed corns,
Which pain the feet as bad as thorns.

But Dr. Starr's Balsam Extractor,
Is warranted to be an actor,
And when applied upon your corn,
Removes a scale as hard as horn.

Never causing any sore,
Nor the blood to run or pour.
A bottle costs you fifty cents,
Saving pain and great expense.

Soak your corns well every evening and scrape off all hard parts of them and they will soon be cured.

HORSES.

In writing this work I feel it my duty to say something about the horse, an animal, beyond all question or doubt, a helpmate of men in his many avocations of life. The horse is shamefully abused, and without cause in many instances, and he who

mistreats a horse or any dumb animal without cause or provocation, is inhuman, and should be chastised to teach him the fact that a horse cannot reason, and a man can, and that cruelty is the offspring of a mean person. When a man is riding a horse he should always remember that a horse has to walk and carry him too. A man that will mistreat his horse will also mistreat his wife and children. The wild Indians have an instinctive kindness for their horses and their dogs. Men should remember that a horse has an appetite, and a body made of flesh and bone, nerves and blood, and can feel as well as man, and needs shelter and care.

There is a horse hygiene as well as a human one; there is a horse physiology as well as a human physiology, and all good men know this is a fact. I have seen men plough horses all day when they would stagger under the harness for the want of feed, and at the same time their crib was full of corn. I once knew a man who was a thief and a miser, who would work his horses from sun-up till sun-down, and feed them a little morning and night, and at the same time had plenty of corn in his crib. When he was filling his stomach with what his brutish nature demanded, I would steal from his crib a bountiful feed of corn and give it to the poor tired, hunger horses. They would nicker so thankful when they saw it coming, and would eat cobs

and all. In a short time the man made the remark that his horses were looking better, and he was not obliged to whip and holloa at them so much. This man belonged to the Methodist church and professed religion; but ye shall know a tree by its fruit. A man owes a duty to every animal under his control, and the horse in special. I will now give you a few Indian ideas of how to take care of horses. They pride themselves in taking good care of all their pets, and I would to God it was the case with the white man. The Indian, when he feeds his horse always feeds him on the ground, that is, he places his feed so that he is obliged to hold his head down in order to get it. The wild horse has to get all his food with his head down. It is natural.

HOW TO KEEP HORSES HEALTHY AT LITTLE EXPENSE.

If you would have healthy horses, with pure blood and slick hair, give them twice a week a pinch of equal parts of pulverized sulphur, wood ashes and salt, equal to the size of a common marble, mixed with their feed. This is cheap and simple and will keep your horses healthy. The Indians keep their horses in good condition with ashes and eggs.

To My Many Readers.

I will say to you, use your own judgment, uninfluenced by any prejudice that may have previously existed in your minds. Give my advice a trial if you need it, and judge me and what I say by the effects. I give you my word and honor most solemnly, that all I have told you is safe for the most delicate person to try without the slightest danger of producing any effect detrimental, either temporary or permanent. A wise person will glean knowledge from whatever source it may arise. The compass of the Indian is the moss on the north side of the tree, which is knowledge from a natural source gleaned by the wild untutored savage. I will further say, good education is the only reliable means to lasting reforms, and will teach people to think for themselves, and that simple medical facts have been hidden in the past by technical words, but to-day are told in common English.

DR. STARR.

Botanicism—The Free Thinkers of Medicine.

The right to choose the best from all of the many ideal theories of medicine ; liberty uncircumscribed by the teachings of fanatics ; freedom to judge for

yourself that which is best of all that you can learn of the many ideas of medical men of the world. Love for all, hatred toward none; freedom of thought and the right to counsel with all, ungoverned by a mean disgraceful code of ethics. Liberty to exercise good common sense, and use that which is best calculated to do good in the case in which it is indicated. This is the true definition of the Botanical Profession. They are the most prosperous class of doctors on the face of the world, because they believe in personal liberty as well as general liberty, and that which is right, and hate smart fanatics.

SPECIAL NOTICE.

When persons living at a distance desire treatment, they can, by writing answers to the following questions, send such a statement of their condition as will enable me to comprehend the character of their disease, and prescribe the proper remedies for its cure.

All letters should be addressed to DR. WM. M. STARR, Botanical Medicines, 709 G Street, N. W., Washington, D. C.

ANSWER THESE QUESTIONS.

Your name.

Age and occupation.

Post Office address.

Are you strong or weak ?

Give a short account of your disease ?

TESTIMONIALS.

Washington, D. C., *July 30, 1890.*

Dr. W. M. Starr.

This certifies that twice I was operated upon at Garfield Hospital at different times and each time was a perfect failure. J. Ford Thompson was my Surgeon. I grew worse and saw certain death was for me, so I left in a perfect wrecked condition ; utterly unable to lift five pounds, or stand one minute, so great was my agony. I had other physicians, all without one jot of help. I continued to grow worse, until at my brothers house I drank some of Dr. Starr's Kidney Tea and at once I saw its Diuretic action and I had some hope. On meeting Dr. Starr I demanded of him if I could be cured (for I had lost the coating of my stomach and I was in the very last stage of Bright's Disease of the Kidneys, and I also had a very large stone in my bladder). Dr. Starr said that the cause was

still in my system which caused me to go to the hospital. I said, Doctor, can you cure me, for I was given up to die by all physicians. He said certainly I can cure you. I at once went under his treatment and to-day nearly one pound and a half of stone has come out of my bladder. My Bright's Disease is perfectly cured and the coating of my stomach is sound and new. I thank God when all physicians and friends gave me up to die, Dr. W. M. Starr positively declared in my dying presence that I should live, and I am alive and will gladly answer any inquiry as to the enormous stone taken from my bladder, which I have in my possession.

I remain a devoted advocate to Dr. W. M. Starr and all his positive remedies.

Dr. Nelson Calvin Page,
406 7th Street, S. W.,
Washington, D. C.

Washington, D. C., *February 5, 1878.*

Dr. W. M. Starr,

Dear Sir: In justice to you and for the benefit of suffering humanity, I make this statement. I have been a sufferer for years with what the physicians term Bright's Disease of the Kidneys.

Though I had the most eminent physicians, still I found no relief, until I found your Balm of Gilead

which did all it was recommended to do. I was so bad at that time that the doctor said I would have to go through an operation which I dreaded very much. It was at this time I was persuaded to try your medicine, of which I found relief almost immediately. I have recommended it to others with the same result.

Very respectfully,

George W. Hill,

90 Myrtle St., n. e.

Washington, D. C., *March*, 1885.

Dr. W. M. Starr,

Dear Sir: Having suffered at intervals for ten years with kidney troubles and found scarcely any relief, concluded to try your Kidney Tea, at the time I had had no rest for three successive weeks, and was also suffering from a cold which affected my back and kidneys, causing intense misery, so much so that no physician gave me any relief until taking about a pint of your tea. In fifteen minutes or less relief came, such a change that it was like unto a perfect health restored, that was indeed relief assured and since, or to this time, September, I am still enjoying the benefits of such wonderful treatment of such delicate members of the body. You will please ever accept the thanks of,

Yours respectfully,

David E. Dutrow,

Butter Dealer,

La. Ave. n. w.

Washington, D. C., *Nonember* 26, 1884.

Dear Sir: I take this method of returning my thanks for the great benefit I have derived from the use of your medicine. For a long time I was afflicted with Kidney disease, having tried several remedies without any relief, I was induced to give your Kidney medicine a trial. I did so, and it acted upon me like magic, for it give instant relief, and one box made a permanent cure, and I cheerfully recommend it to any sufferer from the dreadful malady. Very respectfully,

R. C. Gover,

317 4½ St., n. w.

The following persons of Washington, D. C. have voluntarily given testimonials of the superior merit and value of Dr. Starr's Cough Syrup in the cure of Coughs, Colds, Catarrh and Croup, and we present them as reference.

Mrs. Wheeler.....	1626 L Street.
M. Daniels.....	Cor. Penn. Ave. and 6th St.
R. H. Moore.....	1427 9th St.
Annie Watkins.....	206 7th St.
M. A. Lock.....	420 Capitol St.
Mrs. A. Cronan.....	326 13th St.
Mrs. W. M. Boyd.....	209 36th St.
C. Connally.....	9 5th St.

John Engall.....	27 and L St.
Mary Sandfrey.....	614 1st St.
Rich. Hunt.....	1735 N. I. Ave.
S. M. Ney.....	610 G St.
Nath Dyer.....	27 E St.
L. Goover.....	517 N. I. Ave.
C. Strauss.....	Centre Market.
G. C. Smith.....	316 A St.
Mrs. E. Steffin.....	520 12 St.
Mrs. Snyder.....	611 N. Y. Ave.
H. B. Vanns.....	325 A St.
W. P. Stragham.....	19th and M St.
Joe Henley.....	1810 M St.
Emma Copersmith.....	467 N St.
M. A. Carman.....	219 Centre Market.
D. S. Brown.....	113 Pudge Court.
Sarah Jones.....	
Susan Swutze.....	3239 K St.
J. Belim.....	
J. C. Jackson.....	120 B St.
C. W. Chapman.....	309 14th St.
M. E. Hayes.....	1610 16th St.
G. H. Tacker.....	623 Va. Ave.
Jane Ames.....	1101 6th St.
C. C. Mayer.....	486 La. Ave.
Jane Williams.....	415 7th St.
Annie Hanley.....	1119 19th St.
S. N. Dillan.....	502 11th St.

John E. Rolin.....Rolin, Va.
 Brook King.....Rolin, Va.
 Emma Avery.....Alexandria, Va.

Each one of these testimonials are from persons who were afflicted with chronic cases most of them having been given up as incurable or past all hope of recovery. I never exhibited any letters from a person whom I attended first, all are from old cases.

A house which cannot stand alone without being propped up is a dangerous house to live in, and in fact is not fit to live in at all. Neither is a doctor or any other class of men who need laws to force the people to employ them fit to be trusted in any way.

A doctor who claims that he has a license to give poison medicine to "kill or cure" at his will, is in effect to claim that he has a license to murder.

If the Czar was to issue such a license his head would not be on his shoulders one week. If the Emperor of China were to make such a law the walls around Pekin would not save him a day. Let a doctor stand alone on his own merits and his success in making cures. No monopoly.

Copies of two of the Bills now pending before Congress. The first Bill offered in the interest of the Allopaths and second Bill in defense of the Botanists. My readers can judge which of them is right and honest.

51ST CONGRESS,
1ST SESSION.

S. 2396.

IN THE SENATE OF THE UNITED STATES.

JANUARY 20, 1890.

Mr. INGALLS (by request) introduced the following bill; which was read twice and referred to the Committee on the District of Columbia.

A BILL

To regulate the practice of medicine in the District of Columbia.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That there shall be for the District of Columbia a board of medical examiners, consisting of fifteen physicians or surgeons (five of whom shall be of the homeopathic school) and three dental surgeons, whose terms of office shall be four years, or until their successors are appointed.

SEC. 2. That the board shall be appointed by the District Commissioners immediately upon the passage of this act, and every four years thereafter. Vacancies occurring in the said board shall be filled in the same manner. If any of the said examiners shall cease to reside in the District, it shall vacate his office. No member of the said board shall be a member of the faculty of any medical school.

SEC. 3. That the officers of the board shall be a president, a vice-president, and a secretary (who shall also act as treasurer); said officers to be members of and elected by the said board. The first meeting shall be held within thirty days after the District Commissioners shall have notified the members of their appointments. Subsequent meetings shall be held at such times as the board may prescribe, upon the call of the president issued by the secretary. Said board may organize at its first meeting, and at its first, or any subsequent meeting, prescribe rules, regulations, and by-laws for its own proceedings and government, and for the examination of all candidates for the practice of medicine or dentistry appearing before it.

SEC. 4. That it shall be the duty of the said board at any of its meetings to examine all persons of either sex, appearing before it who desire to practice medicine or dentistry in the District of Columbia; and when a candidate shall have passed a satisfactory examination before the board in session the president thereof shall grant to such candidate certificate to that effect. A fee of ten dollars shall be paid to said board by each candidate before such examination is had. Examinations may be in whole

or in part in writing and shall be elementary and practical in character, but sufficiently strict to test the qualifications of the candidate. No candidate shall be kept waiting for an examination for a longer period than thirty days. In case any candidate shall fail to pass a satisfactory examination before the board such failure shall not bar the said candidate against a re-examination after the lapse of three months, nor shall he again have to pay the fee prescribed as aforesaid: *Provided*, That the members of the board representing each school of medicine shall have the right to examine all the applicants who are of that school, and that the members of the board representing the dental branch of the medical profession shall have the right to examine all applicants for the practice of dental surgery, and the board shall issue the certificate of qualification to candidates who are recommended after such examination by the members of the board who belong to said school of medicine or said branch of the medical profession. No examination shall be held by less than three members of the board, one of whom shall be the secretary of the same.

SEC. 5. That any person who shall obtain a certificate as aforesaid from the president of the board shall cause the same to be registered in the office of the health officer of the District; and it shall be the duty of said health officer to indorse thereon the fact and date of registration, and to register the name of every such person, together with description of such certificate and the date thereof, signing the same in a book kept for the purpose; this register shall be open for inspection during office hours

and shall form part of the records of his office.

SEC. 6. That the board of medical examiners shall keep a record of its proceedings, which shall be open for inspection, and shall record the name of each applicant, the date of and names of members of the board present at each examination, together with a list of all questions put to the candidates and the percentage attained by each.

SEC. 7. That all physicians, surgeons, and dentists who are in practice in the District of Columbia on the date of the passage of this act and members of the Marine-Hospital Service, the Medical Corps of the Army and of Navy, who may be now or hereafter detailed on duty in this District to heal the sick, shall be granted certificates of qualification by the board without any examination whatever. Salaried employees of the United States Government, other than those hereinbefore provided for, shall not be eligible for examination or certification, and shall not be registered as practitioners of medicine or dentistry in the District of Columbia. Practitioners of medicine in the adjoining States whose professional duties require them to officiate in the District shall not be required to register if they are legal practitioners of the States in which they reside.

SEC. 8. That no persons shall practice medicine or dentistry in the District of Columbia after the passage of this act without first having obtained from the said board of medical examiners a certificate of qualification and caused the same to be registered as aforesaid: *Provided*, That all physicians, surgeons, and dentists who are in practice in the

District of Columbia on the date of the passage of this act, who shall procure certificates of qualification and present the same at the health office for registration within sixty days after the date of the first meeting of the said board of medical examiners, shall be taken as having complied with the provisions of this section.

SEC. 9. That any person shall be regarded as practicing medicine or dentistry within the meaning of this act who shall advertise by sign in front of office or dwelling, or shall treat or operate for any physical ailment of another. But nothing in this act shall be construed to prohibit service in cases of emergency or the domestic administration of family remedies.

SEC. 10. That no person not a registered practitioner of medicine shall offer for sale any drug, nostrum, ointment, or any application of any kind, or by writing, printing, or other methods profess to cure or treat any disease or deformity by any drug, nostrum, manipulation, or other expedient in this District without first obtaining from the secretary of said board a certificate setting forth that the said article or articles may be offered for sale, or the said method of treatment may be allowed without manifest injury to the public welfare; and it shall be the duty of the said board to regulate the issue of said certificates.

SEC. 11. That any person violating any of the provisions of this act shall be punished by a fine of not less than twenty dollars nor more than one hundred dollars, or by imprisonment for a period of not less than thirty days nor more than three

hundred and sixty-five days, or by both such fine and imprisonment for each and every offense.

SEC. 12. That nothing in this act shall be taken as including or affecting in any way the business of the registered pharmacist, nor shall it include physicians or surgeons residing elsewhere and called in consultation with a physician residing in the District, nor shall it apply to women who pursue the avocation of midwife.

SEC. 13. That the board shall make an annual report to the District Commissioners.

SEC. 14. That the fees received from the candidates for examination shall be applied by the board towards its expenses, including a reasonable compensation to its members.

SEC. 15. That all acts or parts of acts inconsistent or in conflict with this act are hereby repealed.

SEC. 16. That this act shall be in force from its passage.

51ST CONGRESS,
1ST SESSION.

H. R. 11565.

IN THE HOUSE OF REPRESENTATIVES.

JULY 28, 1890.

Read twice, referred to the Committee on the District of Columbia, and ordered to be printed.

Mr. CULBERSON, of Texas, (by request) introduced the following bill :

A BILL

To regulate the practice of medicine in the District of Columbia.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That the Botanical School of Medicine shall have all the rights, privileges, and protection now provided by the law for allopathic and homeopathic schools of medicine within the District of Columbia, and the teachers and professors of said Botanical School of Medicine shall have the same privileges and rights respecting the teaching and practice of their profession as may be accorded by existing laws to either of said other schools of medicine.

Why shall this Bill not Pass?

Is it not fair? Is it not just? Is it not right? Is it not in accordance with our system of government? Does it not give equal rights to all? Does it not correspond with the right granted to all other business men in this country to make all improvements they can and use them under all laws; then why shall the Botanical Schools of Medicines not have the right to make improvements in medicines as any other school, and to practice and to teach

the new and wonderful discovery in Medical Botany such as has never been discovered before?

SCIENCE IN BOTANY.

The Botanical By-Law.

SEC. 1. Any man who wants to be a student in this profession, must first prove himself to be a natural genius in every respect.

SEC. 2. He must be a good chemist in botany.

SEC. 3. He must be a chemist in mineral, earth and water.

SEC. 4. He must understand how to gather all the raw material for all the medicines he may want to use in our practice.

SEC. 5. He must then know how to manufacture them on scientific painciples without any mistake.

SEC. 6. He must manufacture each article separate and distinct for each and every respective disease in human life.

SEC. 7. He can then practice under instruction and if he finds a case that he don't understand he must at once report to the nearest headquarters.

SEC. 8. Such student or students, are not allow-

ed to change their medicines at all, in any case.

SEC. 9. If they find a case they do not understand perfectly, they must report at once, without any experimenting at all.

SEC. 10. They must know what is the matter and what to give, and what to do first, last and all the time, or stop at once and report such case or cases to headquarters.

SEC. 11. Every student must understand Mid-Wifery perfectly.

SEC. 12. All students must thoroughly understand surgery so as to see whether it is necessary for an operation or not, and how if necessary without any mistake at all.

SEC. 13. No mistake or experiments are allowed, they must report such to the nearest headquarters at once without any delay.

To the Senate and House of Representatives of the United States, and to the people of the District of Columbia.

About sixty per cent of the people of the District of Columbia, had no Doctor during the "Grippe" epidemic of 1890 but had the "Grippe" all the same.

They used Nature's own remedies, the Botanical; not a case was lost out of something like sixty per cent. Eighteen per cent were attended directly and

indirectly by the Botanical Doctors, having over nine hundred cases of "Grippe" not a case was lost of the eighteen per cent; something like twenty-two per cent were attended by the Allopathic and Homeopathic Doctors, and they have lost over five hundred cases; the Allopathic lost more than the Homeopathic Doctors did during the La Grippe season.

Some people in all three classes resorted to their own judgment and went to the drug stores and called for what they thought was the best for La Grippe which they had a perfect right to do, and none was lost.

The result was about the same for years past of Dyphtheria, Scarlet Fever and other diseases as it was this year of La Grippe in favor of the Botanical.

So much for the scientific mechanism of Chemistry in Botany in Washington City, D. C.

In care of Dr. W. M. Starr,

Pres. of the Botanical School of Medicine,

709 G St., N. W.,

By request.

Washington, D. C.

A Protest Against Medical Monopoly.

To the Senate and House of Representatives, in Congress Assembled:

We, the Botanical Schools of Medicine, desire to

enter our protest against Senate bills 2352 and 2396, Fifty-first Congress, first session, and all similar bills which may be introduced.

The bills referred to, announce it as their purpose to regulate the practice of medicine in the District of Columbia, by placing in the hands of a board of medical men the power to limit at will the practice of medicine to such persons as this board may choose to grant permits or licenses to. They are clearly in the interest of certain classes of medical men, granting them special privileges in violation of the Constitutional rights of other physicians and of all other citizens.

There are quite a number of sects in medicine, as there are in religion.

The bills named, provide for giving two sects, "the allopathic and homeopathic," the power to monopolize the practice of medicine and surgery in this District, to the exclusion of all other sects, and to place in their hands the power to enforce their special class privilege by fines and imprisonment against members of the medical profession who belong to schools not represented in the board of examiners.

The disciples of the renowned Swiss empyric, "Paracelsus," who, in 1625, burned the works of Galen, the Botanist, and founded a new medical sect on the allopathic dogma of "*contraria contra-*

rius curantur”—in plain English, “the way to cure one disease is to create another of a different sort”—and that, therefore, the most powerful poisons are the most potent medicines, is not sound in theory nor successful in practice, and is therefor false and dangerous, and is so heretical as to deserve no quarter from good orthodox doctors—if this sect, founded 350 years ago, and which, by virtue of age and numbers, now assumes to be regular, *i. e.*, orthodox, could sustain such a claim, then there would be no need of statutes to protect them against the competitions of the physicians of other sects. But if such claim could be sustained it would still be a violation of the genius of our institutions to pass laws giving them a monopoly.

The people have a perfect right to employ quacks if they want to do so, or to take patent medicines, or to rely on nature, refusing to be dosed by anybody. But this claim of perfection is not set up by any intelligent allopathic physicians, and if it were it would be not only false but ridiculous. Instead of claiming perfection the leading men of that school are on record as having pronounced its theories false, and its practice empirical and dangerous.

We quote briefly from some of the most renowned and honored allopathic physicians of this country and Europe, opinions of their own creed and system of practice.

Dr. Joseph Bigelow, ex-president of the Massachusetts Medical Society, says :

“Medicine is an ineffectual speculation. I sincerely believe that the unbiased opinion of most medical men of sound judgment is that the amount of deaths and disasters in the world would be less than it now is if left to itself.”

Dr. Oliver Wendell Holmes says :

“It would be better for men, but worse for the fishes, if all medicines were poured into the sea.”

Professor Gregory, of Edinburgh College, says :

“Ninety-nine out of every hundred so-called medical facts are medical lies.”

Dr. Magendie says :

“Medicine is a great humbug.”

Dr. Alexander M. Ross, F. R. S., of London, says :

“The medical practice of to-day has no more foundation in science, in philosophy, or in *common sense*, than it had one hundred years ago. It is still based on conjecture.”

Dr. Willard Parker, of New York, says :

“As we place more confidence in nature, and less in medicines, mortality diminishes.”

Dr. Alonzo Clark, of New York, says :

“Physicians hurry thousands to their graves who would have recovered, if left to nature.”

Sir Astley Cooper, says :

“The system of medicine is founded on conjecture, and improved by murder.”

Dr. John Mason Good, F. R. S., of London, says :

“The science of medicine is a meaningless jargon.”

Dr. Evans, F. R. S., of London, say :

“The so-called science of medicine has neither philosophy nor common sense to commend it to confidence.”

Dr. Benjamin Rush, one of the signers of the Declaration of Independence, said :

“The physician is like a blind man striking at random. If he hits the disease he kills it, but he is full as likely to hit the patient, and kill it. We (physicians) have multiplied diseases, and increased their mortality.”

He further said : “The conferring of exclusive privileges upon bodies of physicians, and forbidding men of equal talents under penalties from practicing medicine, are inquisitions, however sanctioned by ancient charters, and names serving as the Bastiles of our science.”

Hundreds of similar quotations could be given, but surely these are sufficient. When this Republic was founded there were many religious sects in the country, and the framers of the Constitution provided specifically against religious monopoly. But there was then but one medical sect, hence no

person thought of any necessity for providing specifically against medical monopoly. Had there been at that time, as there are now, rival medical sects, it is probable that such provision would have been suggested, and adopted, for certainly a person has as clear a right to choose a physician for his body as for his soul, and any infringement of this right in either case is a violation of his right to "life, liberty, and the pursuit of happiness." We insist, therefore, that all laws restricting the practice of medicine to any school, or any number of schools, is unconstitutional, despotic, and wrong.

As already stated, but one medical sect existed when this Government was founded, but the liberalizing influence of freedom on this continent gave breadth and depth to thought and investigation in all departments of life. Men of vigorous minds sought, discovered, and proclaimed new truths in medicine and new remedies for disease. They were denounced by the regular profession as pretenders and quacks. But this being a free country, they appealed to the people, resting the claims of their discoveries upon their merits. The people divided and the old and new sects flourished side by side under the protecting branches of the tree of liberty. This was right. Under this system medicine has made more substantial progress during the last century than it had in 2,000 years before. This fact

establishes the superiority of the American system of free competition over that of professional monopoly.

It is an historic fact with which all intelligent people are familiar, that when one sect enjoys a monopoly of religious privileges there is no religious progress, and that when one medical sect enjoys a monopoly of the practice of medicine, progress in the art of healing is not perceptible; and, that in both these fields of human inquiry progress is dependent upon the freedom of men of thought and research to present their latest theories and discoveries to the people, and submit them to the popular verdict.

We therefore ask that the American system of free competition in medicine, as in religion, be continued in force, and that no legislation be had which shall limit the freedom of the people.

DR. W. M. STARR, Pres't,
Botanical Schools of Medicine.

M. D's.

The law which demands that an M. D. must be called in to see any sick person, old or young, to secure a certificate of burial in case of death, is

an inhuman outrage. It is to compel people to hire a doctor of only one school whether they want them or not. It means to force and impose these M. D's. on the people without their free will or consent. This is an outrage and tyrants have often suffered death for less tyrannical acts than such a law imposes upon the people. Great consolation for the 800 mothers in Washington, in the two months of 1890, to know from the M. D s. that their children died from the use of milk. Botanic Doctors never give such medicines as will cause a child to die from the use of milk, and why should they not be allowed to give a certificate of burial in case one of their patients should happen to die. Botanic Doctors are entirely opposed to all force measures or sectarian laws. Botanic Doctors claim that three quarters of the whole people of the United States are with them on this issue.

The following deaths occurring from zymotic diseases of the miasmatic order, called in the health officers' reports: measles, scarlet fever, rotheln, rubeola, erysipelas, eczema, pemphigus, typhoid fever, typho-malarial fever, congestive fever, intermittent fever, remittent fever, malarial fever,

catarrhal fever, diphtheria, croup, tonsillitis, whooping cough, mumps, pyæmia, septicæmia, furunculosis, cholera morbus, cholera infantum, dysentery, diarrhœa, entero-colitis;

For year ending, 1886,	-	-	-	776
“ “ “ 1887,	-	-	-	829
“ “ “ 1888,	-	-	-	937
“ “ “ 1889,	-	-	-	1,093
				<hr/>
				3,635

I claim that the above named diseases are all cureable, and that not one of said deaths would have occurred under my treatment.

Then why shall the Botanical profession not be equally protected in their rights under all laws with other medical professions?

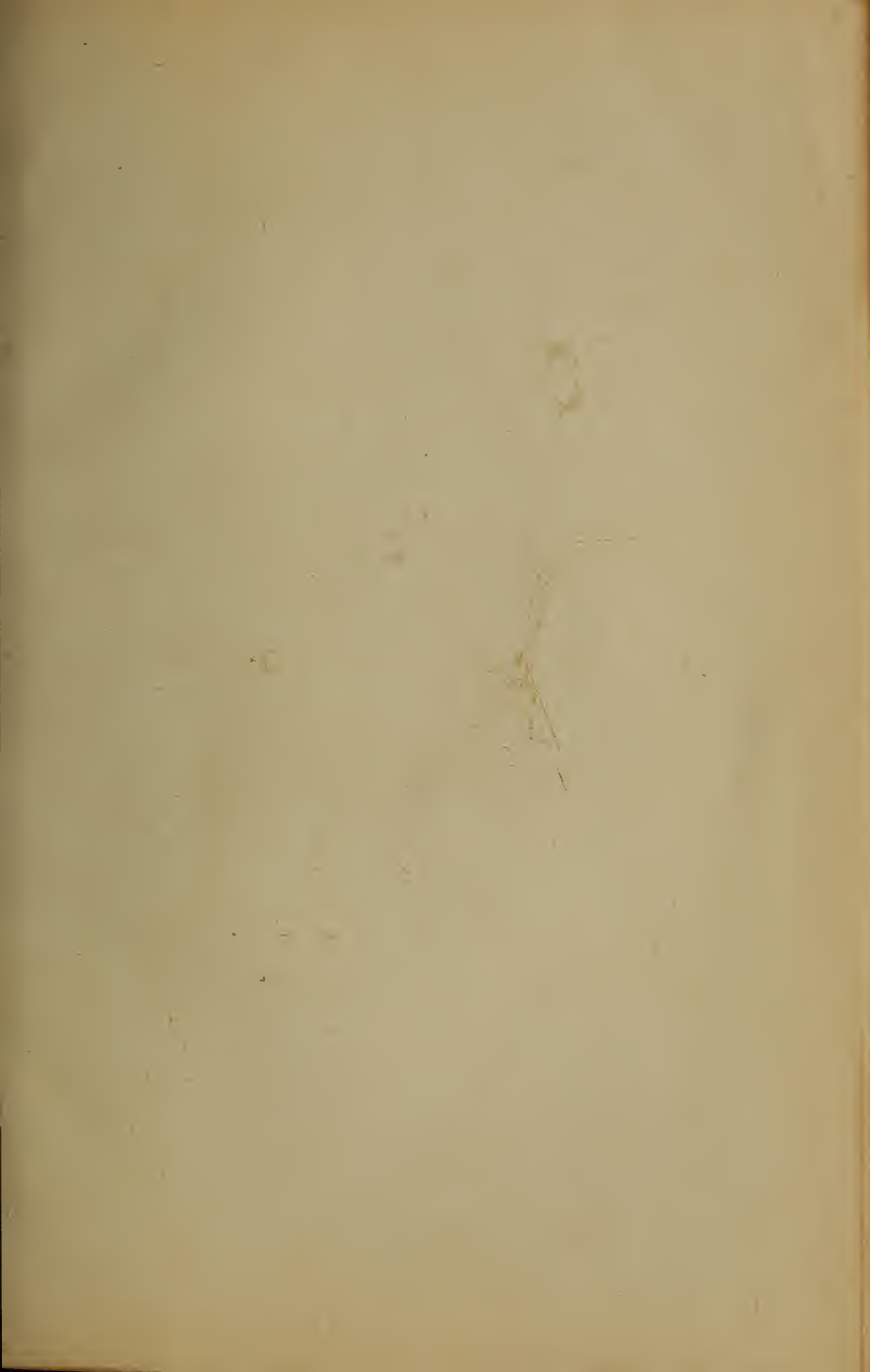
One feature in Dr. Starr's life is that whenever he meets a farmer coming to the city with his wagon load of produce, he invariably takes his hat off to bid him a cordial welcome. He never was known to tip his hat to any other class except the farmer.

In concluding I will refer to one historical fact. Before the Botanical Library was burnt by a "King of Terror" in 1625, there was no monopoly in medicine whatsoever and they were composed of Botanical preparations, gathered fresh from the fields where the oats, beans and barley grew by the skilful farmers and their wives.

Ever since the use of Botanical medicines were forced out of general use by this cruel edict, and the dogma proclaimed that poisons were the proper medicines to be used, the death rate has increased. Up to that time men were strong and lived long, since that time they have become weaker, and mortality has increased rapidly until in 1891, it has fallen to the low rate of sixteen years and ten months. If this poison dogma had been universally accepted by the people, the mortality would have been much greater, but thank God, the Farmonians and Botanians have always objected to this haphazard and poisonous system of practice, and in defiance of all Force bills which have been passed, or may be passed in the future, seventy-five per cent of the common people of America have refused and still refuse to accept it, and cling to Botanical remedies.

After the burning of the Botanical Library in 1625, so much attached were the women of that day to their Botanical Medicines, that a committee of one hundred ladies were selected to go to the King and beg that the names of certain medicinal herbs should be placed in the Bible. When asked why these names should be inserted in the Bible, the King was told that it was because the Bible would never be destroyed, and they wanted the names preserved so they would not be lost. The King granted their request, and the names of the herbs can be found in the Bible to-day. The ladies on retiring from the presence of the King rejoiced that they had a balm hidden in the leaf.

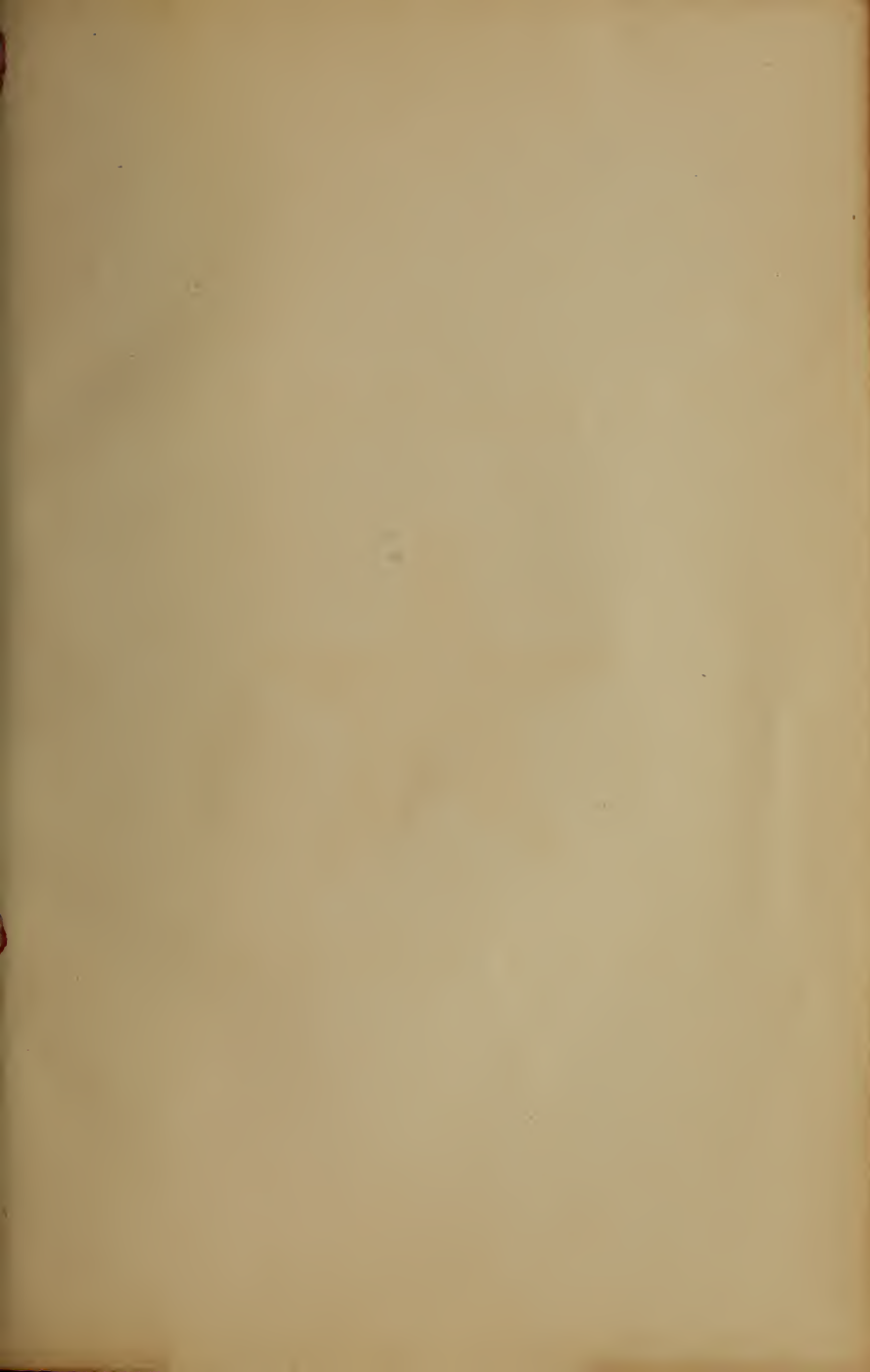
DR. WILLIAM M. STARR,
Pres. of the Botanical Ass'n
of the U. S. A.

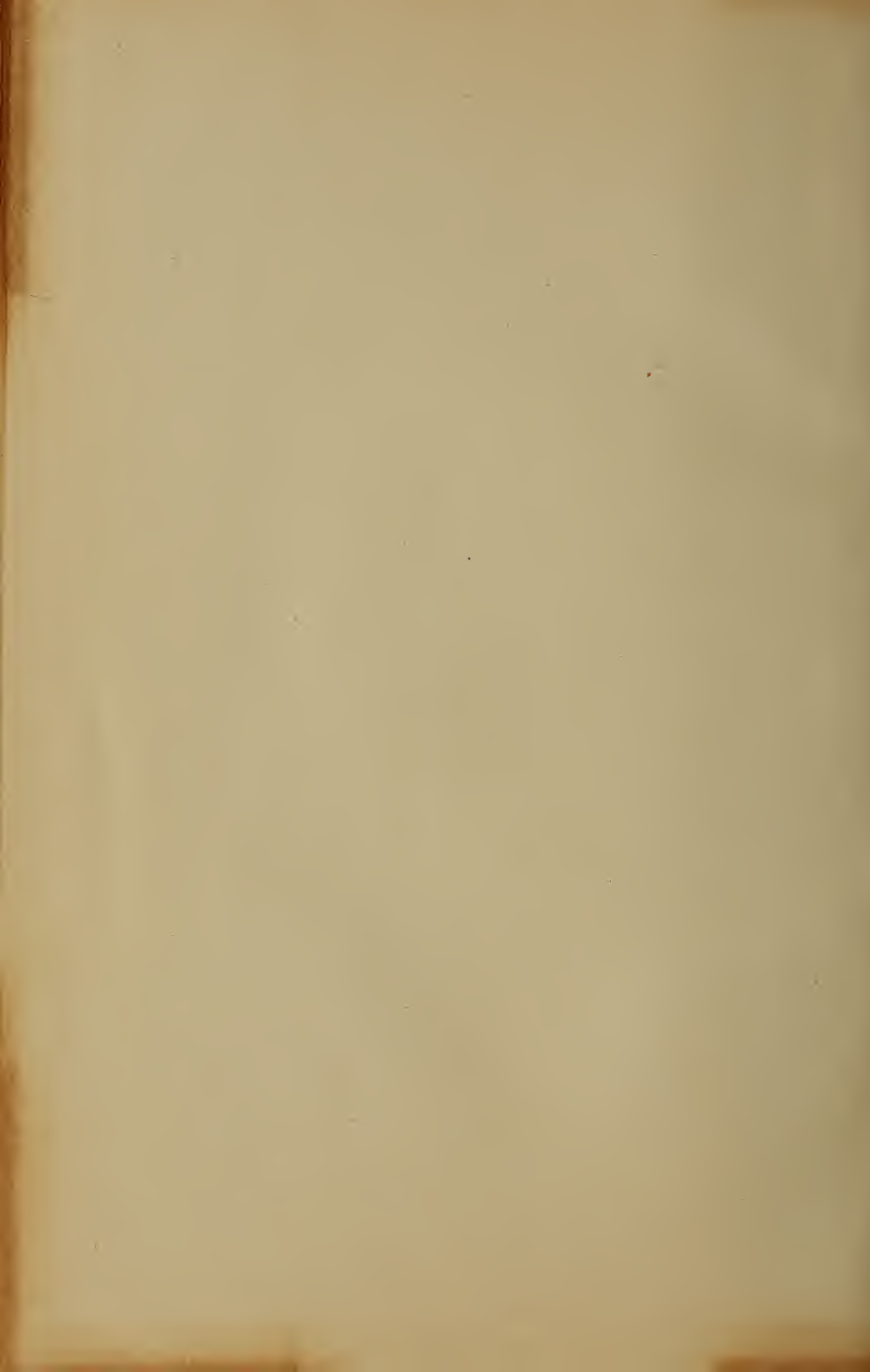


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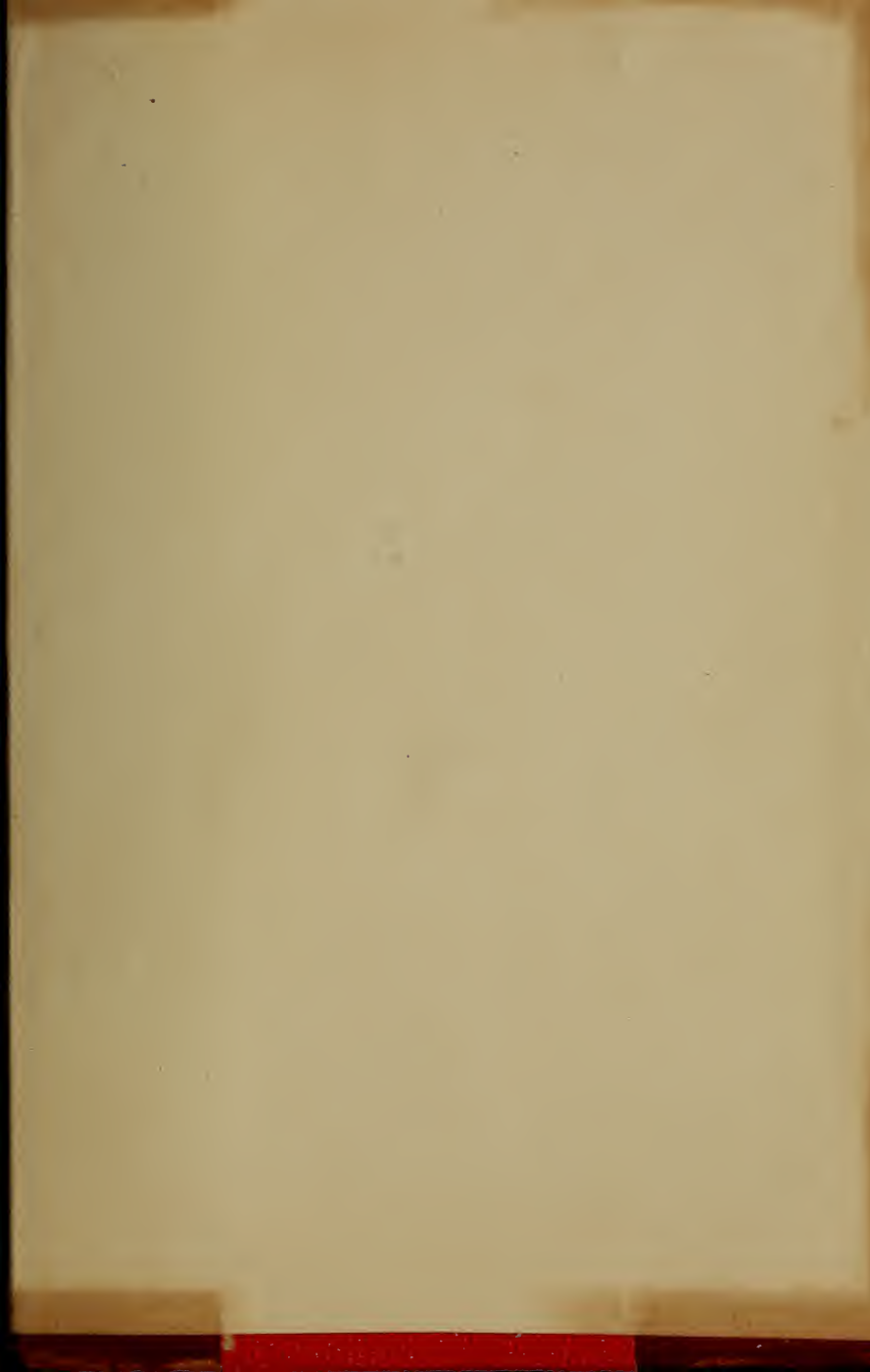
BOTANIA.











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